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GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Friday, October 15, 2004

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10/15 – USTCA ALL-ACADEMIC: Both Bruin Teams, Five Individuals Named All-Academic by USTCA

NEWBERG, Ore. – Both George Fox University outdoor track and field teams and five members of those two squads have received NCAA Division III All-Academic honors for the 2004 season as selected by the United States Track Coaches Association (USTCA).

In the men's division, George Fox was 13th out of 19 schools whose track athletes combined for a grade point average of 3.15 or better. The Bruins compiled a 3.19 GPA as a team. The best mark was 3.46 by Carnegie-Mellon University.

In the women's division, George Fox, with a cumulative GPA of 3.43, had the 8th-best average out of 28 teams. Leading the nation with an average of 3.709 was another Northwest Conference team, Whitworth College.

In fact, in keeping with the Northwest Conference's high academic standards, five conference schools – George Fox, Whitworth, Willamette University, the University of Puget Sound, and Linfield College – were all members of both All-Academic teams.

Individual honorees, who had to have GPA's of 3.25 or above and participated in the 2004 NCAA Division III National Championships May 27-29 at Millikin University in Decatur, Ill., include the Bruins' **Michelle Forbes** (3.96) from the women's team, and **Adam Puckett** (3.78), **Ben Salisbury** (3.75), **Ryan Sprunger** (3.56), and **Michael Owen** (3.51) from the men's team.

Salisbury placed 7th in the 200 and Puckett was 8th in the long jump at the 2004 national championships to earn All-American status. Sprunger and Salisbury ran in the 4x400, Owen competed in the 3000 steeplechase, and Forbes participated in the high jump for the Bruins.

The complete lists of the USTCA's All-Academic teams and individuals are available at the USTCA web site at <http://www.d3track.com/Academic/2004/Main.htm>.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD/CROSS COUNTRY – Thursday, June 24, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
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6/24 – ACADEMIC ALL-AMERICA: Bruins' Salisbury, Goeres Named Cross Country/Track Academic All-Americans

NEWBERG, Ore. – Two George Fox University runners – women's cross country runner **Janelle Goeres** and men's track and field sprinter **Ben Salisbury** – have been named to the College Division Track & Field/Cross Country Academic All-America Women's and Men's Second Teams as voted on nationally by members of the College Sports Information Directors of America (CoSIDA).

Both Goeres and Salisbury were nominated for Academic All-America honors by virtue of being named to the Academic All-District VIII (West Region) Women's and Men's First Teams. Salisbury repeated as a Second Team choice, while Goeres was Third Team last year.

Goeres, a senior from Gold Hill, Ore., earned NCAA Division III All-West Region honors this past fall by finishing 22nd (23:21.14) in the West Regional race. During the regular season, she scored in 8 races for the Bruins, placing 2nd three times and 3rd another time. She came in 5th among all D-III runners in the prestigious Triton Classic in San Diego. As a junior, she finished 1st for George Fox in all 8 of her race, earning team MVP honors, and was All-Northwest Conference with a 5th-place showing in the NWC Championships. She was a CoSIDA Academic All-District and Third Team Academic All-American as a junior, and was named All-Academic by the Division III Cross Country Coaches Association. As a freshman, she was All-West Region by finishing 21st. She had a 4.00 grade point average while earning her degree in elementary education.

Salisbury, a senior from Bellingham, Wash., earned All-American status for the second year in a row with a second consecutive 7th-place finish in the 200 meter dash at the NCAA National Championships. After placing 1st in the Northwest Conference Championships in the 100, 200, 4x100 relays and 4x400 relays, he was named NWC Men's Athlete of the Year after tying for the honor last year. During the season, he won the 200 four times, the 100 twice, the 4x100 three times, and the 4x400 four times. He was a four-time NWC champion in the 200, and won in the 4x100 and 4x400 as a freshman. He was a 2003 CoSIDA Academic All-District First Team and Academic All-America Second Team selection, and was an All-Academic honoree in his sophomore and junior seasons by the USTCA. He graduated this spring with a 3.766 grade point average in biology.

The Academic All-America Teams are voted on by over 1,000 members of CoSIDA throughout the United States and Canada.

ACADEMIC ALL-AMERICA TEAM

S E L E C T E D B Y C o S I D A

2003–2004 CoSIDA ACADEMIC ALL-ALL-AMERICA® COLLEGE DIV. MEN'S TRACK & FIELD/CROSS COUNTRY

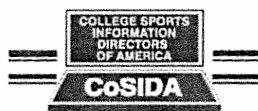
(Please observe the release date of Tuesday, June 22, 2004)

FIRST TEAM

NAME	SCHOOL	DIST	YR	HOMETOWN	GPA/MAJOR(S)
Sharath Alampur ²	Rensselaer Polytechnic	I	SR	Ossining, NY	4.0/Mathematics
Tim Avery	Calvin College	IV	SR	Rochester, NY	3.81/English/Secondary Education
Will Copeland ¹	University of the South	IV	SR	Ooltewah, TN	4.16 (4.0)/Economics
Stephen Handler	Gustavus Adolphus College	V	SR	Shellsburg, IA	3.99/Biology
Phil Hageedorn	Emory University	III	SR	Atlanta, GA	3.61/English
Skip Ivery ²	Wittenberg University	IV	SR	Columbus, OH	3.80/Management
Curt Johnson	Wisconsin-Stevens Point	V	SR	DeForest, WI	3.92/Chemistry/Biology
Ryan Koch	St. Cloud State	V	SO	Madison, WI	4.00/Computer Science
Hendrik Kok	Calvin College	IV	SR	Lynden, WA	3.65/Biology
Chris Nehls ³	Emory University	III	SR	Boulder, CO	3.58/Economics
Uzoma Orii	M.I.T.	I	SO	Matawan, NJ	3.92/Electrical Engineering
Andrew Rock ¹	Wisconsin-La Crosse	V	SR	Stratford, WI	3.61/Finance
Kevin Semanick ³	The College of New Jersey	II	SR	Lansdale, PA	3.753/Finance/Statistics
Brent Showalter ¹	Wartburg College	VII	SR	Wellman, IA	3.973/Business Administration
Marc Steckler ¹	North Dakota State	VII	SR	Fargo, ND	4.00/Mechanical Engineering

SECOND TEAM

NAME	SCHOOL	DIST	YR	HOMETOWN	GPA/MAJOR(S)
Nathan Beerling	Minnesota-Duluth	V	SR	St. Peter, MN	3.93/Exercise Science/Biology
John Paul Blankenship	Concord College	II	JR	Athens, WVA	3.81/Travel Management
Adam Booth	Grinnell College	VII	SR	Homer, MI	3.82/Physics
Cody Brotherton	McMurray University	VI	JR	Stratford, TX	3.39/Communication
Richard Chmielecki	U.S. Coast Guard Academy	I	SR	Colchester, CT	3.95/Operations Research
Kevin Doe	South Dakota State	VII	SR	Stillwater, MN	4.00/Electrical Engineering
Nick Johnson ²	Augustana College (IL)	V	JR	New Lenox, IL	3.99/Mathematics
Jared Markowitz	Carnegie Mellon University	II	SR	Macungie, PA	3.81/Physics
Dan McLean	University of Puget Sound	VIII	SR	Seattle, WA	3.59/History & Economics
Matt Molski	The College of New Jersey	II	JR	Sparta, NJ	3.834/Chemistry
Marcus Murphy	Loras College	VII	SR	Ankeny, IA	3.912/Accounting & Economics
Joseph Otto	Rensselaer Polytechnic	I	JR	West Seneca, NY	3.80/Electrical Engineering
Ben Salisbury	George Fox University	VIII	SR	Bellingham, WA	3.766/Biology
Scott Sargrad	Haverford College	II	SR	Glenside, PA	3.80/Mathematics
Keith Veldhuis	Lock Haven University	II	SR	Thamesford, Ontario	3.968/Health/Physical Education



THIRD TEAM

<u>NAME</u>	<u>SCHOOL</u>	<u>DIST</u>	<u>YR</u>	<u>HOMETOWN</u>	<u>GPA/MAJOR(S)</u>
Andrew Aakre	North Dakota State	VII	SR	Stephen, MN	3.8/Civil Engineering
Adam Brunfeldt	Emory University	III	SR	Lawrence, KS	3.81/Chemistry
Matt Edwards	Calvin College	IV	SR	Grand Blanc, MI	3.40/Engineering
Jesse Fugitt	North Central College	V	SR	Mapleton, IL	4.00/Computer Science
Tyler Kemmerer	Harding University	VI	SR	Lancaster, OH	3.83/Management
Brad Lowery	South Dakota State	VII	JR	Pierre, SD	3.836/Physics
Paul Mach	Seattle Pacific University	VIII	SR	Seattle, WA	3.72/Computer Science
Phil McCollum	Bemidji State	V	SR	Idaho Falls, ID	4.00/Design Technology/Biology
Matt Meurer	Carnegie Mellon University	II	SR	Cincinnati, OH	3.84/Industrial Design
Jason Parks	Anderson University	V	SR	Wabash, IN	3.94/English/History
Ryder Peacock	McMurry University	VI	SO	Woodson, TX	3.48/Multidisciplinary Studies
Jeremy Rea	Lebanon Valley College	II	SR	Yardley, PA	3.972/Music Education/Music
Brian Strandberg	University of Rochester	I	GR	Reading, MA	3.90 (3.75)/Applied Math & Opti (Mechanical Engineering)
Michael Styczynski	Ithaca College	I	SR	Clarksville, MD	3.79/Journalism
Darius Viet	Washington University (Mo.)	VII	SR	Decorah, IA	3.94/Civil Engineering

¹Indicates 2003 CoSIDA Academic All-America® first team member

²Indicates 2003 CoSIDA Academic All-America® second team member

³Indicates 2003 CoSIDA Academic All-America® third team member

Academic All-American of the Year: Will Copeland, University of the South

**2003-2004 COSIDA ACADEMIC ALL-ALL-AMERICA®
COLLEGE DIV. MEN'S TRACK & FIELD/CROSS COUNTRY
(Please observe the release date of Tuesday, June 22, 2004)**

FIRST TEAM

NAME SCHOOL DIST YR HOMETOWN GPA/MAJOR(S)

Sharath Alampur² Rensselaer Polytechnic I SR Ossining, NY 4.0/Mathematics
Tim Avery Calvin College IV SR Rochester, NY 3.81/English/Secondary Education
Will Copeland¹ University of the South IV SR Ooltewah, TN 4.16 (4.0)/Economics
Stephen Handler Gustavus Adolphus College V SR Shellsburg, IA 3.99/Biology
Phil Hageedom Emory University III SR Atlanta, GA 3.61/English
Skip Ivery² Wittenberg University IV SR Columbus, OH 3.80/Management
Curt Johnson Wisconsin-Stevens Point V SR DeForest, WI 3.92/Chemistry/Biology
Ryan Koch St. Cloud State V SO Madison, WI 4.00/Computer Science
Hendrik Kok Calvin College IV SR Lynden, WA 3.65/Biology
Chris Nehls³ Emory University III SR Boulder, CO 3.58/Economics
Uzoma Orii M.I.T. I SO Matawan, NJ 3.92/Electrical Engineering
Andrew Rock¹ Wisconsin-La Crosse V SR Stratford, WI 3.61/Finance
Kevin Semanick³ The College of New Jersey II SR Lansdale, PA 3.753/Finance/Statistics
Brent Showalter¹ Wartburg College VII SR Wellman, IA 3.973/Business Administration
Marc Steckler¹ North Dakota State VII SR Fargo, ND 4.00/Mechanical Engineering

SECOND TEAM

NAME SCHOOL DIST YR HOMETOWN GPA/MAJOR(S)

Nathan Beerling Minnesota-Duluth V SR St. Peter, MN 3.93/Exercise Science/Biology
John Paul Blankenship Concord College II JR Athens, WVA 3.81/Travel Management
Adam Booth Grinnell College VII SR Homer, MI 3.82/Physics
Cody Brotherton McMurray University VI JR Stratford, TX 3.39/Communication
Richard Chmielecki U.S. Coast Guard Academy I SR Colchester, CT 3.95/Operations Research
Kevin Doe South Dakota State VII SR Stillwater, MN 4.00/Electrical Engineering
Nick Johnson² Augustana College (IL) V JR New Lenox, IL 3.99/Mathematics
Jared Markowitz Carnegie Mellon University II SR Macungie, PA 3.81/Physics
Dan McLean University of Puget Sound VIII SR Seattle, WA 3.59/History & Economics
Matt Molski The College of New Jersey II JR Sparta, NJ 3.834/Chemistry
Marcus Murphy Loras College VII SR Ankeny, IA 3.912/Accounting & Economics
Joseph Otto Rensselaer Polytechnic I JR West Seneca, NY 3.80/Electrical Engineering
Ben Salisbury George Fox University VIII SR Bellingham, WA 3.766/Biology
Scott Sargrad Haverford College II SR Glenside, PA 3.80/Mathematics
Keith Veldhuis Lock Haven University II SR Thamesford, Ontario 3.968/Health/Physical Education

THIRD TEAM

NAME SCHOOL DIST YR HOMETOWN GPA/MAJOR(S)

Andrew Aakre North Dakota State VII SR Stephen, MN 3.8/Civil Engineering
Adam Brunfeldt Emory University III SR Lawrence, KS 3.81/Chemistry
Matt Edwards Calvin College IV SR Grand Blanc, MI 3.40/Engineering
Jesse Fugitt North Central College V SR Mapleton, IL 4.00/Computer Science
Tyler Kemmerer Harding University VI SR Lancaster, OH 3.83/Management
Brad Lowery South Dakota State VII JR Pierre, SD 3.836/Physics
Paul Mach Seattle Pacific University VIII SR Seattle, WA 3.72/Computer Science
Phil McCollum Bemidji State V SR Idaho Falls, ID 4.00/Design Technology/Biology
Matt Meurer Carnegie Mellon University II SR Cincinnati, OH 3.84/Industrial Design
Jason Parks Anderson University V SR Wabash, IN 3.94/English/History
Ryder Peacock McMurry University VI SO Woodson, TX 3.48/Multidisciplinary Studies
Jeremy Rea Lebanon Valley College II SR Yardley, PA 3.972/Music Education/Music
Brian Strandberg University of Rochester I GR Reading, MA 3.90 (3.75)/Applied Math & Optics
(Mechanical Engineering)
Michael Styczynski Ithaca College I SR Clarksville, MD 3.79/Journalism
Darius Viet Washington University (Mo.) VII SR Decorah, IA 3.94/Civil Engineering
¹Indicates 2003 CoSIDA Academic All-America® first team member
²Indicates 2003 CoSIDA Academic All-America® second team member
³Indicates 2003 CoSIDA Academic All-America® third team member

Academic All-American of the Year: Will Copeland, University of the South

2004 Academic All-America® College Division Women's Track/Cross Country Team
(please observe the release date of Thursday, June 24!)

FIRST TEAM

Name School Dist. Yr. Hometown GPA Major(s)

Marissa Clapp Springfield I Sr. Charlton, Mass. 3.95 Sports management
Allison Donnelly Stevens Tech II Gr. Wyckoff, N.J. 4.0 Engineering mgt., systems engineering
Manda Geerts Augustana (Ill.) V Sr. Morrisson, Ill. 4.00 Communication sciences and disorders
Rachel Goetz Emporia State VII Sr. Ottawa, Kan. 3.93 Economics
Kate Hamera Missouri-Rolla VII Sr. Easton, Mo. 4.00 Aerospace engineering
Heather Hamilton Minnesota-Duluth V Sr. St. Paul, Minn. 4.0 Psychology, women's studies
Emily Herring Wilmington IV Sr. Harpster, Ohio 4.0 Secondary English education
Amanda Laytham Ithaca I Sr. Otego, N.Y. 3.995 Exercise science
Karyn McCready Slippery Rock II Sr. Johnstown, Pa. 3.91 Health and physical education
Gina Morgan Nebraska Wesleyan VII Sr. Lincoln, Neb. 4.00 Biology
Raegan Schultz Central VII Sr. Barnum, Iowa 3.91 Business management
Kristen Shields Whitworth VIII Sr. Grand Coulee, Wash. 4.00 Mathematics
Mary Still Missouri Southern State VII Sr. Carthage, Mo. 3.98 English, psychology
Laura Verdegan Wisconsin-Stout V Jr. Tony, Wis. 3.991 Dietetics
Liz Woodworth Wisconsin-Oshkosh V Sr. Marinette, Wis. 3.627 Medical technology

Academic All-America of the Year®: Kristen Shields, Whitworth

SECOND TEAM

Martha Buckley Mass. Inst. Tech. I Sr. Washington, D.C. 3.90 Mathematics, physics
Melanie Cluss Denison IV Sr. Uniontown, Pa. 3.87 Physics
Langhan Dee Mount Holyoke I Sr. St. Paul, Minn. 3.57 Mathematics
Katie Eckley Abilene Christian VI Jr. Cottonwood, Calif. 3.79 Education
Kelly Foley Wartburg VII Sr. Tipton, Iowa 3.99 Psychology
Janelle Goeres George Fox VIII Sr. Gold Hill, Ore. 4.00 Elementary education
Laura Hamilton Calvin IV Jr. Downers Grove, Ill. 3.91 Chemical engineering
Julie Hufnagel Denison IV Sr. Ann Arbor, Mich. 3.94 Physics
Carissa VanGundy Marshall Pittsburg State VII Sr. Americus, Kan. 4.00 Recreation
Kay Mikolajczak Wisconsin-Oshkosh V Sr. Franklin, Wis. 3.925 Biology
Leslie Nelson Whitworth VIII Sr. Omak, Wash. 3.98 English
Jessica Pentz Indiana (Pa.) II Gr. Indiana, Pa. 4.0 Exercise science
Melissa St. Clair Elizabethtown II Jr. Chambersburg, Pa. 3.86 Communications
Emily Shoop Concordia-St. Paul (Minn.) V Sr. Mankato, Minn. 4.0 Finance
Kelly Stewart Shippensburg II Sr. Glenmoore, Pa. 3.941 Psychology

THIRD TEAM

Kristin Anderson Central Missouri State VII Jr. Richfield, Ohio 3.96 Marketing
Elizabeth Canfield Rochester I Sr. Pittsford, N.Y. 3.91 French
Kylee Daeger Heidelberg IV Sr. Van Wert, Ohio 4.0 Accounting, public relations
Anna Doherty Cornell (Iowa) VII Jr. Stillwater, Minn. 4.00 English, Spanish
Maria Ewersmann S. Illinois-Edwardsville V Sr. St. Paul, Mo. 4.000 Speech pathology
Val Gorter Abilene Christian VI Jr. Byron Center, Mich. 3.75 English
Kristen Igielski Carroll (Wis.) V Sr. Waukesha, Wis. 3.836 Nursing
Jessie Lair Calvin IV Sr. West Bloomfield, Mich. 3.70 Education, art
Carrie Larsen Pacific Lutheran VIII Sr. Bellingham, Wash. 3.96 Computer science, Spanish
Rebecca Lock Rensselaer Poly. Inst. I Jr. Ellsworth, Maine 3.96 Biochemistry and biophysics
Kim Marino Richard Stockton II Sr. Middletown, N.J. 3.485 History, education
Laura Matsen Whitman VIII Sr. Seattle, Wash. 3.714 Biology
Abbey Oshel Pittsburg State VII Sr. Clay Center, Kan. 3.97 Biology (pre-medicine)
Nicole Robinson Indianapolis V Sr. Royal Center, Ind. 4.000 Human biology (pre-medicine)
Chelsea Smith Brigham Young-Hawaii VIII So. Mead, Wash. 3.86 Exercise and sport science
Penny Welch Henderson State VI Sr. Texarkana, Texas 4.00 Family & consumer sci.

SIDs: Please make sure that the majors are correct for your student-athlete(s). If Millsport is not informed about a change prior to making the national team announcement, your institution will be responsible for the cost of reproducing a corrected award.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD/CROSS COUNTRY – Tuesday, June 8, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
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6/8 – ACADEMIC ALL-DISTRICT: Three Bruins Named to Academic All-District Cross Country/Track & Field Team

NEWBERG, Ore. – A trio of George Fox University athletes – women's cross country runner **Janelle Goeres** and high jumper **Michelle Forbes**, and men's sprinter **Ben Salisbury** – have been named to the Academic All-District VIII College Division Track & Field/Cross Country Teams as voted on by district members of the College Sports Information Directors of America (CoSIDA).

Goeres, a senior from Gold Hill, Ore., earned NCAA Division III All-West Region honors this past fall by finishing 22nd (23:21.14) in the West Regional race. During the regular season, she scored in 8 races for the Bruins, placing 2nd three times and 3rd another time. She came in 5th among all D-III runners in the prestigious Triton Classic in San Diego. As a junior, she finished 1st for George Fox in all 8 of her race, earning team MVP honors, and was All-Northwest Conference with a 5th-place showing in the NWC Championships. She was a CoSIDA Academic All-District and Third Team Academic All-American as a junior, and was named All-Academic by the Division III Cross Country Coaches Association. As a freshman, she was All-West Region by finishing 21st. She has a 4.00 grade point average while earning her degree in elementary education.

Forbes, a junior from Jackson Hole, Wyo., placed 19th in the NCAA Division III National Championships in the high jump. Prior to the nationals, she was 7th in the national rankings with a top height this year of 5-06.50. The Bruins' MVP this season, she was an All-Northwest Conference honoree by placing 2nd in the NWC triple jump. She was NWC Women's Athlete of the Week for Mar. 8-14 after finishing 1st in the high jump and 2nd in the triple jump at the NWC 5-Way Meet. She won four meets in the high jump and one in the triple jump during the season. As a sophomore, she was 2nd in the NWC in the high jump and participated in the NCAA Nationals, and was a USTCA All-Academic selection. As a freshman, she was All-NWC with a 3rd in the 4x400 relays. She has a 3.967 in political science and history.

Salisbury, a senior from Bellingham, Wash., earned All-American status for the second year in a row with a second consecutive 7th-place finish in the 200 meter dash at the NCAA National Championships. After placing 1st in the Northwest Conference Championships in the 100, 200, 4x100 relays and 4x400 relays, he was named NWC Men's Athlete of the Year after tying for the honor last year. During the season, he won the 200 four times, the 100 twice, the 4x100 three times, and the 4x400 four times. He was a four-time NWC champion in the 200, and won in the 4x100 and 4x400 as a freshman. He was a 2003 CoSIDA Academic All-District First Team and Academic All-America Second Team selection, and was an All-Academic honoree in his sophomore and junior seasons by the USTCA. He graduated this spring with a 3.766 grade point average in biology.

The Academic All-District VIII teams are voted on by members of CoSIDA in Oregon, Washington, Alaska, Idaho, Utah, Nevada, Arizona, California, and Hawaii. All athletes who earn All-District First Team honors are automatically nominated for Academic All-America teams.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Saturday, May 29, 2004

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5/29 – NCAA CHAMPIONSHIPS: Gassaway Wins Javelin, Salisbury 7th in 200 as Bruin Men Finish 22nd in Nationals

Link to NCAA Track & Field Championships: <http://raceberryjam.com/indexod.html>

DECATUR, III. – Matt Gassaway became the first George Fox University Bruin to win an NCAA national title as he tossed the javelin 215-10 (65.80m), over 4 ½ feet further than anyone else, on the final day of competition in the NCAA Division III National Outdoor Track and Field Championships here at Millikin University's Frank M. Lindsay Field.

Gassaway earned NCAA All-American status with his winning throw, joining teammates **Adam Puckett**, who was 7th in Friday's long jump, and **Ben Salisbury**, who placed 7th in Saturday's 200 meter dash, as Bruins who achieved that honor in the 2004 national meet.

Gassaway qualified for the finals by placing 2nd in his flight with a throw of 207-10, beating his previous best this season of 203-04 which had him tied for 4th entering the national championships. He outdid himself in the finals, however, setting a personal record and eclipsing runner-up Rory Phillips of Grove City College (211-02) by 4 feet, 8 inches. He also shattered the George Fox record of 204-10 by David Nickell in 1988.

Later in the day, Salisbury finished 7th in the 200 with a time of 21.96, his second straight year as an All-American in the 200. Puckett posted a triple jump of 46-08.25/14.23m), placing 7th in his heat and just over a foot short of the final eight.

Gassaway earned 10 points for the Bruins with his national championship and Salisbury received 2 points for the 200, giving George Fox 13 points and a tie for 22nd place out of 76 teams that scored in the final men's standings. The University of Wisconsin-La Crosse won the men's title with 101 points, well ahead of runner-up Nebraska Wesleyan University with 39. The University of Wisconsin-Oshkosh edged Calvin College 57 to 54.3 in the women's division.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Friday, May 28, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
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5/28 – NCAA CHAMPIONSHIPS: Bruins' Puckett Places 8th in Long Jump to Earn All-America Honors in Nationals

Link to NCAA Track & Field Championships: <http://raceberryjam.com/indexod.html>

DECATUR, Ill. – **Adam Puckett** earned the first George Fox University point and gained All-America status in the long jump as the NCAA Division III National Outdoor Track and Field Championships continued on its second day of competition Friday here at Millikin University's Frank M. Lindsay Field.

Puckett finished in 8th place in the men's long jump with a distance of 22-08.50/6.92m, which he achieved in his preliminary flight, and garnered the first George Fox point of the championship. The Bruins are tied for 38th overall with that one point. **Michael Owen** ran 16th in the men's 3,000 meter steeplechase (9:39.67).

Josh Priester, who was 4th after the first day of competition, slipped back to 9th in the men's decathlon with 6,432 points, while **Ben Dillow** climbed from 16th to 12th with 6,303 points. Priester placed 8th in the 110 meter hurdles (17.92), 3rd in the discus (128-02/39.07m), 2nd in the pole vault (13-07.25/4.15m), 12th in the javelin (147-07/44.99m), and 11th in the 1500 meters (4:43.59). Dillow was 2nd in the 100 hurdles (15.58), 13th in the discus (109-01/33.26m), 7th in the pole vault (12-11.50/3.95m), 5th in the javelin (163-08/49.88m), and 6th in the 1500 (4:34.69).

The Bruins' lone woman athlete in the nationals, **Michelle Forbes**, came in 19th in the women's high jump with a mark of 5-01.75 (1.57m).

On Saturday, Puckett will be in the men's triple jump finals at 2:00 p.m., while **Matt Gassaway** is in the men's javelin finals at 2:30 p.m., and **Ben Salisbury** runs in the men's 200 finals at 4:05 p.m. Entering the nationals, Puckett stood 8th nationally in the triple jump (47-08.50/14.54m), Gassaway was tied for 4th in the javelin (203-04/61.99m), and Salisbury was 5th in the 200 (21.37).

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Thursday, May 27, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926(H) 503-554-8067 (Fax) 503-554-3864 (Hotline) 503-554-3868

5/27 – NCAA CHAMPIONSHIPS: Salisbury, Priester Turn in Strong Performances on Day One of Track Nationals

Link to NCAA Track & Field Championships: <http://raceberryjam.com/indexod.html>

DECATUR, Ill. – **Ben Salisbury** qualified for the men's 200 meter dash finals and **Josh Priester** stood 4th halfway through the men's decathlon, highlighting George Fox University's performances on the first day of the NCAA Division III National Outdoor Track and Field Championships Thursday here at Millikin University's Frank M. Lindsay Field.

Salisbury finished 2nd in the first heat of the 200 and 7th overall in qualifying marks with a time of 21.90, though his season's best of 21.37 would have surpassed every effort Thursday. Priester earned 3,392 points in the decathlon by placing 2nd in the 100 meter dash (11.45), 6th in the long jump (21-01.50/6.44m), 4th in the shot put (41-09.25/12.73m), 15th in the high jump (5-05.25/1.66m), and 4th in the 400 meter dash (50.71).

Seth Harris placed 6th in his heat with a time of 53.88 in the 400 meter hurdles and did not qualify for the finals. The men's 4x400 meter relay team of **Ryan Sprunger**, **Brad Bates**, Harris and Salisbury missed the finals by 4/10 of a second, placing 6th in their heat with a time of 3:13.92. **Ben Dillow** was 16th in the decathlon after finishing 7th in the 100 (11.81), 16th in the long jump (18-10.75/5.76m), 13th in the shot put (36-04/11.07m), 11th in the high jump (5-11.25/1.81m), and 15th in the 400 (53.06).

On Friday, the Bruins' lone woman athlete in the nationals, **Michelle Forbes**, enters the women's high jump at 1:00 p.m., while **Adam Puckett** is in the men's long jump at 2:00 p.m. and **Michael Owen** is in the men's steeplechase at 5:25 p.m. Friday's last five events for the decathletes include the 110 meter hurdles, discus, pole vault, javelin, and 1500 meter dash. On Saturday, Puckett will be in the men's triple jump finals at 2:00 p.m., while **Matt Gassaway** is in the men's javelin finals at 2:30 p.m. Salisbury runs in the men's 200 finals at 4:05 p.m.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Wednesday, May 26, 2004

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5/26 – NCAA CHAMPIONSHIPS: Bruins Send Ten Athletes to Nine Events in Track Nationals at Millikin

DECATUR, Ill. – Ten athletes competing in nine separate events will represent George Fox University as the 2004 NCAA National Outdoor Track and Field Championships get under way Thursday-Saturday, May 27-29, here at Millikin University's Frank M. Lindsay Field.

Nine of the Bruins who will be participating are men, giving George Fox more men in the nationals than any other Northwest Conference school - even more than conference champion Willamette (which has eight)!

The lone female athlete for George Fox is **Michelle Forbes**, who will be competing in the high jump. She ranks 7th in the nation with a height of 5-06.50 (1.69m).

Running for the Bruin men in the 4x400 meter relay are **Brad Bates**, **Seth Harris**, **Ryan Sprunger**, and **Ben Salisbury**, who rank 9th with a time of 3:15.02. Salisbury and Harris are dual-sport athletes. Salisbury, an NCAA All-American in the 200 meter dash last year with a 7th-place finish at the nationals, is again a serious threat in the 200, ranking 5th at 21:37. Harris also qualified for the 400 meter hurdles, standing 9th at 53.04.

Michael Owen will run in the 3,000 meter steeplechase, having squeezed into the 16th and final slot with a time of 9:13.52. The Bruins have two entries in the decathlon, with **Josh Priester** standing 9th in the event with 6,433 points, and **Ben Pillow** close behind in 11th with 6,410 points.

In the field events, the Bruins will enter **Matt Gassaway** in the javelin with a throw of 203-04 (61.99m), tied for 4th, and **Adam Puckett** in both the long jump and the triple jump. Puckett has jumps of 23-04.50 (7.12m) in the long jump, good for 9th place, and of 47-08.50 (14.54 m) in the triple jump, placing 8th.

Priester and Dillow will lead off for the Bruins as the championships begin Thursday morning with the 100 meter dash in the men's decathlon at 11:00 a.m. Salisbury is next with the men's 200 trials at 2:15 p.m., followed by Harris in the men's 400 hurdle trials at 2:50 p.m., then Bates, Harris, Sprunger and Salisbury in the men's 4x400 relay trials at 4:45 p.m.

On Friday, Forbes enters the women's high jump at 1:00 p.m., while Puckett is in the men's long jump at 2:00 p.m. The men's steeplechase with Owen entered is at 5:25 p.m.

On Saturday, the men's 4x400 finals are set for 1:40 p.m., with the men's triple jump finals, Puckett entering, at 2:00 p.m. Gassaway is in the men's javelin finals at 2:30 p.m. The men's 400 hurdles are set for 3:45 p.m., with the men's 200 finals at 4:05 p.m.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Saturday, May 15, 2004

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5/15 – KEN FOREMAN INVITATIONAL: Bruin Men Improve 4x400 Relay Time in Bid for NCAA Nationals

Complete Ken Foreman Results

SEATTLE, Wash. – Shaving over a second off their previous best time, the George Fox University men's 4x400 meter relay team improved their chances for the NCAA Division III National Championships with an outstanding race in Seattle Pacific University's Ken Foreman Invitational track and field meet Saturday here at the University of Washington's Husky Stadium.

The Bruins' team of **Brad Bates**, **Seth Harris**, **Ben Salisbury**, and **Ryan Sprunger** finished 3rd overall in the 4x400 with a time of 3:15.02, topping their previous best this spring of 3:16.04. That time meets the NCAA automatic provisional qualifying standard of 3:17.50. The George Fox team was 13th nationally going into the weekend, but could climb as high as 7th with their Saturday time, depending on what other teams around the country have done over the weekend.

The only other Bruin to reach a provisional qualifying figure was **Adam Puckett** with a 46-09.00 to place 2nd in the triple jump, but he has a better mark of 47-02.50 earlier in the season. The best finish by any Bruin in the meet was a win by Salisbury in the 100 (11.23), but it was not a qualifying mark.

Other top 10 finishes for the Bruin men included a 3rd by **David Malcolm** in the shot put (46-10.25), which boosted him to 5th on the Bruins' all-time list, a 5th by **Josh Priester** in the 400 (50.85), and 7ths by **Greg Gottfried** in the hammer (162-05) and **Jesse Rasmussen** in the 400 (51.09). The best women's showing was a 9th by **Whittney Harris** in the 3,000 meter steeplechase (12:34.55).

Bruin athletes who hope to qualify for the national championships May 27-29 at Millikin University in Decatur, Ill., or improve their current standings will have one more opportunity at the Willamette Last Chance Qualifier in Salem, Ore., on Saturday, May 22.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Saturday, May 8, 2004

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5/8 – KEN SHANNON INVITATIONAL: Bruins Get 3 Firsts and New Hammer Record in Meet at UW

SEATTLE, Wash. – Three first-place finishes and a new individual record in the women's hammer highlighted several outstanding performances by the George Fox University Bruins in the Ken Shannon Invitational track and field meet Saturday here at the University of Washington's Husky Stadium.

Winners for the Bruins included **Michelle Forbes** in the women's high jump (5-02.25), **Adam Puckett** in the men's triple jump (47-02.50), and **Ryan Sprunger, Ben Salisbury, Brad Bates**, and **Seth Harris** in the men's 4x400 relays (3:16.04). **Lindsey Blankenship**, placing 4th in the women's hammer, set a new George Fox school and sophomore class record with a throw of 145-06.

Other high finishes for the Bruins included 2nd-place showings by **Tori Black** in the women's javelin (115-07) and the men's 4x100 relay team of **Drew Maves**, Harris, Bates, and Salisbury (42.09), a 3rd by **Milo Vela** in the men's triple jump (43-09.25), and 4ths by Salisbury in the men's 100 (11.46), **Michael Owen** in the 3,000 meter steeplechase (9:13.52), and **Greg Gottfried** in the men's hammer (158-06). /p>

Owen's mark in the steeplechase, Puckett's in the triple jump, and the time posted by the 4x400 men's relay team were all season's bests and improved upon previous provisional qualifying marks for the NCAA National Championships. Owens, Pucket, and Blankenship set personal marks in their events, as did **Whittney Harris** in the women's 5,000 (19:20.78) and Sprunger in his 4x400 split (49.5). **Bryan Cobb** set a personal record in the men's 800 with a 1:57.54, but unfortunately his mark was disqualified for a "cut-line" violation.

With an eye toward the NCAA nationals less than three weeks away on May 27-29 at Millikin University in Decatur, Ill., the Bruins will work on improving their marks and/or qualifying for the first time at the Ken Foreman Invitational, hosted by Seattle Pacific University, on Saturday, May 15.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Saturday, May 1, 2004

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5/3 – GFU DECATHLON CHALLENGE: Bruins' Priester and Dillow Improve Decathlon Marks for Nationals

NEWBERG, Ore. – In a last-minute meet designed to give some Northwest Conference athletes an opportunity to improve their marks or to qualify for the NCAA National Championships, George Fox University's **Josh Priester** and **Ben Dillow** both improved their chances at the nationals in the GFU Decathlon Challenge Sunday and Monday, May 2-3, here at Colcord Field.

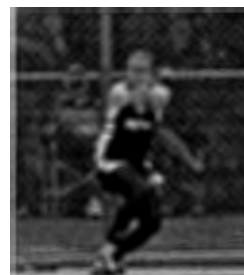
Priester placed first in the two-day event with 6,433 total points, while Dillow was second with 6,410, both surpassing the NCAA provisional qualifying mark of 6,000. Also participating were Zach Mellow of Pacific University, who was third with 4,720; Andrew Gohl of Linfield College, who was fourth with 4,663; and Derek Mollier of Pacific, who was fifth with 3,846.

Both George Fox athletes had provisionally qualified for the NCAA nationals earlier in the season in the NWC Multi-Events competition on Apr. 12-13, Dillow placing second with 6,247 points and Priester third with 6,210. Both new marks bettered the previous Colcord Field record of 6,368 by Southern Oregon University's Ross Kennedy in 1995. Priester's total is the 4th-best in Bruin history and currently ranks 6th in the nation, while Dillow's total set a new GFU freshman record, is the 5th-best ever for a Bruin, and ranks 7th nationally.

The next event in which George Fox athletes will try to qualify for the nationals comes up Saturday (May 8) at the Ken Shannon Invitational at the University of Washington in Seattle.

GEORGE FOX UNIVERSITY

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4/28 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD 2004 - Weekly News & Notes

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HIGHLIGHTS:

- * **Coming Up: Oregon Twilight Meet at U of O in Eugene on May 1**
- * **Last Week: GFU Men 2nd, Women 7th in Northwest Conference Championships**
- * **Salisbury Named NWC Men's Athlete of the Year after Winning in 4 Events**
- * **Cook on NWCs: "Our Men Did About as Well as We Could Have Expected"**
- * **Bruins Earn 20 All-Conference Honors with NWC Performances**
- * **Bruins Qualify for NCAA Championships in 3 New Events at NWC Meet**
- * **New Personal, Class, and All-Time Marks Set at NWC Events**

COMING UP:

Sat., May 1, 4:00 p.m. - Oregon Twilight Meet at University of Oregon, Eugene, Ore.

LAST WEEK (click on links for releases and results):

May 24-25 - Northwest Conference Championships, Tacoma, Wash. (at UPS)
Men - 2nd of 8 / Women - 7th of 8

[NWC Championships Press Release](#) / [NWC Championship Results \(Men\)](#) / [NWC Championship Results \(Women\)](#)

COACH WES COOK (Northern Colorado '61) is in his 17th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at

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Track

least once in each of the 4 sports he coaches. He was Northwest Conference Women's Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

*** Cook on NWCs: "Our Men Did About as Well as We Could Have Expected"**

NEWBERG, Ore. - With a second-place finish in the 2004 Northwest Conference Championships May 24-25 at the University of Puget Sound in Tacoma, Wash., the George Fox University men's track and field team recorded its highest finish in seven years. Not since the 1997 team placed second in the school's second year as a member of the NWC and the NCAA's Division III had the Bruins finished so high.

Veteran coach Wes Cook, in the midst of his 17th season as director of the track and field programs at George Fox, was understandably proud of his charges, admitting that "we did about as well as could be expected. There were one or two letdowns because of disqualifications, but other than that, we had some outstanding individual performances - 12 men earned All-Conference in 12 events - and 18 different men scored for us.

"There was no way anyone was going to challenge Willamette for the top spot; they are just too deep and have too many quality athletes. It is interesting to note, however, that we had almost as many first-place finishes as they did (The Bearcats won 10 men's events, the Bruins 7) ... Maybe we and Linfield combined could have taken them," Cook added with a chuckle.

The George Fox women did not fare quite as well, climbing to 7th on the second day after finishing the first day in 8th place. Michelle Forbes was the only GFU women to earn All-Conference honors, and that was with a 2nd in the triple jump, which is not even her best event. The league leader in the high jump coming in, she fared no better than 4th in the NWC Championships.

Forbes' triple jump of 35-06.50 enabled her to eclipse the GFU best of her sister, Amy, and tie the best mark by her other sister, Colleen, who were also All-Conference track stars for the Bruins a few years ago.

2004 George Fox All-Northwest Conference athletes:

Women

Michelle Forbes - Triple Jump (35-05.60/10.83m, 2nd)

Men

Ben Salisbury - 100 (10.81, 1st), 200 (21.87, 1st), 4x100 (42.64, 1st), 4x400 (3:17.15, 1st)

Drew Maves - 4x100 relay (42.64, 1st)

Brad Bates - 4x100 relay (42.64, 1st), 4x400 relay (3:17.15, 1st)

Ryan Sprunger - 400 (48.33, 1st)

Josh Priester - Decathlon 6,210 points, 3rd)

Ryan Sticka - 4x400 relay (3:17.15, 1st)
Michael Owen - 5000 (15:28.48, 2nd)
Seth Harris - 400 Hurdles (53.21, 1st), 4x100 relay (42.64, 1st), 4x400 relay (3:17.15, 1st)
Ben Dillow - 110 Hurdles (15.50, 3rd), Decathlon (6,247 points, 2nd)
Brett Yeager - High Jump (6-01.50/1.87, 3rd)
Adam Puckett - Long Jump (22-09.00/6.93m, 2nd)
Matt Gassaway - Javelin (191-10/60.00m, 1st)

BRUIN BITS:

*** Salisbury Named NWC Men's Athlete of the Year after Winning in 4 Events**

Ben Salisbury (Sr., Bellingham, Wash.) of George Fox University, who was a 2003 Northwest Conference Men's Co-Athlete of the Year, was named NWC Men's Athlete of the Year by himself this season after winning four events in the NWC Championships Apr. 24-25 at the University of Puget Sound in Tacoma, Wash.

Salisbury captured the 100 meter dash (10.81), the 200 (21.87), and anchored the winning Bruin relay teams in the 4x100 (42.64) and the 4x400 (3:17.15). His 100 time and the 4x400 time met provisional qualifying marks for the NCAA National Championships May 27-29 at Millikin University in Decatur, Ill.

Led by Salisbury's efforts, the Bruins finished 2nd in the NWC men's division with 143 points to 264.50 by three-time champion Willamette University. It was the best showing by a George Fox men's team in the NWC since the 1997 team also placed 2nd.

In current NCAA listings, Salisbury ranks 12th in the 100 (10.81), 4th in the 200 (21.37), and 7th with the 4x400 team (3:16.14). He was an NCAA All-American last year with a 7th-place finish in the 200.

*** 2004 Honors:**

NWC Men's Athlete of the Year - Ben Salisbury
NWC Women's Athlete of the Week - Michelle Forbes (Mar. 8-14)
NWC Men's Co-Athlete of the Week - Seth Harris (Mar. 15-21, Apr. 5-11); Matt Gassaway (Mar. 22-28)

*** NCAA QUALIFIERS:**

New George Fox qualifiers for the NCAA Division III National Championships (May 27-29 at Millikin University in Decatur, Ill.) at the NWC Championships Apr. 24-25 in Tacoma, Wash., were Ben Salisbury in men's 100 meter dashes (10.81), Ryan Sprunger in the men's 400 (48.33), and Adam Puckett in the long jump (22-09.00). The 4x400 team (3:17.15) of Brad Bates, Ryan Sticka, Harris and Salisbury qualified, although the team of Jesse Rasmussem, Harris, Sprunger and Salisbury actually has a slightly-better time. Seth Harris hit the NCAA provisional mark in the 400 hurdles (53.21), Matt Gassaway in the javelin (196-10), and Adam Puckett in the long jump (22-

Andy Haehlen	Pole Vault	12-06.75
Women	Event	Mark
Kara Geertz	1500	5:24.62
JulieKay Brown	400 Hurdles	1:08.72
Lindsay Finney	400 Hurdles	1:12.56
Beth Jertberg	3000 Steeplechase	12:20.87
Whittney Harris	3000 Steeplechase	12:23.70
JulieKay Brown, Brooke Erickson, Beth Jertberg, Sara Miller	4x400 Relay	4:19.87
JulieKay Brown	4x400 Split	65.9
Beth Jertberg	4x400 Split	64.8
JulieKay Brown	High Jump	5-02.25
Michelle Forbes	Triple Jump	35-06.50

* ALL-TIME & CLASS RECORDS:

Top all-time and/or class performances by Bruins in the Northwest Conference Championships Apr. 24-25 in Tacoma, Wash.:

Beth Jertberg - 12:20.87 in women's 400 Hurdles is #3 all-time and #2 by a freshman

Whittney Harris - 12:23.70 in women's 400 Hurdles is #4 all-time and #3 by a freshman

Michelle Forbes - 35-06.50 in women's Triple Jump is #6 all-time

Ryan Sprunger - 48.33 in men's 400 is #3 all-time and #2 by a junior



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09.00), but all had better marks earlier. The complete list of Bruins who have qualified automatically or provisionally for the NCAAs:

Men	Event	Mark	NCAA Rank	Date Qualified
Ben Salisbury	100	10.81 (prov)	12th	4/25 NWC Championships
Ryan Sprunger	400	48.33 (prov)	17th	4/25 NWC Championships
Brad Bates, Ryan Sticka, Seth Harris, Ben Salisbury	4x400	3:17.15 (prov)	9th	4/25 NWC Championships
Jesse Rasmussen, Seth Harris, Ryan Sprunger, Ben Salisbury	4x400	3:16.14 (prov)	7th	4/10 GFU All-Comers
Adam Puckett	Long Jump	23-04.50 (prov)	5th	4/10 GFU All-Comers
Ben Salisbury	200m	21.37 (prov)	4th	4/10 GFU All-Comers
Seth Harris	400m Hurdles	53.04 (prov)	4th	4/10 GFU All-Comers
Matt Gassaway	Javelin	203-04 (prov)	3rd	3/27 Texas-Arlington Invitational
Adam Puckett	Triple Jump	46-3.5 (prov)	16th	3/13 NWC 6-Way
Women	Event	Mark	NCAA Rank	Date Qualified
Michelle Forbes	High Jump	5-6.5 (prov)	4th	3/13 NWC 6-Way

* PERSONAL RECORDS:

Bruins who set personal records with their performances in the Northwest Conference Championships Apr. 24-25 in Tacoma, Wash.:

Men	Event	Mark
Brad Bates	200	22.92
Ryan Sprunger	400	48.33
Michael Owen	5,000	15:28.48
Jake Moe	10,000	34:28.39
Ben Dillow	110 Hurdles	15.50
Ben Eichenberger	400 Hurdles	57.85
Ed Guelfi	400 Hurdles	58.33
Brad Bates	4x400 Split	51.2
Seth Harris	4x400 Split	47.9

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Sunday, April 25, 2004

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4/25 – NWC CHAMPIONSHIPS: Bruin Men Place 2nd Behind Athlete of the Year Ben Salisbury

[Complete NWC Championships Results \(Men\)](#)

[Complete NWC Championships Results \(Women\)](#)

[Link to NWC Championships Official Press Release](#)

TACOMA, Wash. – Led by 2004 Northwest Conference Men's Athlete of the Year **Ben Salisbury**, the George Fox University Bruins finished second to runaway champion Willamette University in the men's division of the NWC Championships which concluded Sunday afternoon here at the University of Puget Sound's Baker Field.

The George Fox women were not quite as fortunate, although they did have some good showings on Sunday to move up from eighth after Saturday's events to seventh when the competition was all over.

Men

Willamette scored 264.5 points to 142 for **George Fox**, followed by Linfield with 124, Puget Sound 90, Whitworth 72.5, Pacific Lutheran 71, Lewis & Clark 29, and Pacific 20.

Salisbury posted winning times of 10.81 in the 100 and 21.87 in the 200, the former an NCAA provisional qualifying time. He also anchored the winning relay teams in both the 4x100 (42.64) and 4x400 (3:17.15), the latter mark a provisional qualifier. He earned All-NWC in all four events.

Other Bruin winners included **Matt Gassaway**, who threw a provisional qualifying 196-10 in the javelin on Friday; **Ryan Sprunger** with a PQ 48.33 in the 400; **Seth Harris** with a PQ 53.21 in the 400 hurdles; **Drew Maves**, Harris, and **Brad Bates** with the 4x100 relays; and Bates, **Ryan Sticka**, and Harris with the 4x400 relays. All were All-NWC.

Also earning All-Conference honors with 2nd or 3rd-place finishes were **Michael Owen**, 2nd in the 5000 (15:28.48); **Ben Dillow**, 3rd in the 110 hurdles (15.50); and **Adam Puckett**, 2nd in the long jump (22-09.00). Dillow's 2nd in the decathlon (6,247 points) and **Josh Priester's** 3rd (6,210) on Apr. 12-13, which counted toward the NWC Championships, also made them All-NWC.

Women

Willamette also captured the women's title with 206.5 points, giving the Bearcats three straight years of winning both the men's and women's championships. Whitworth was 2nd with 173 points, followed by Linfield with 157, Pacific Lutheran 84.5, Lewis & Clark 71.5, Puget Sound 65.5, **George Fox** 34, and Pacific 27.

Highlighting the George Fox women's performances was a 2nd-place finish by **Michelle Forbes** in the triple jump (35-06.50), the only Bruin to earn All-Conference honors this year. She and **JulieKay**

Brown tied with Caitlin Mahoney of Linfield for the 3rd-best mark in the high jump (5-02.50), but Mahoney required fewer attempts to clear the height and placed 3rd.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Wednesday, April 21, 2004

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4/21 - NWC CHAMPIONSHIPS: Bruins to Send 38 Athletes in 61 Events to NWC Championships

Link to [NWC Championships Preview](#)

Link to [NWC Championships Schedule](#)

NEWBERG, Ore. - A total of 38 athletes, participating in 61 events, will take the field for George Fox University this weekend, Apr. 24-25, at the University of Puget Sound's Baker Field in Tacoma, Wash., for the Northwest Conference Championships.

"This is one of the largest fields we've taken to the NWC meet," says veteran Bruins coach **Wes Cook**, who is in his 17th season with the George Fox program. "Although we probably don't have the depth and sheer numbers to win the entire meet, we have some top individuals who should do well in several events, especially in the men's division."

George Fox actually enters the NWC meet with a lead in the men's division. The Bruins, with a 2nd-place finish by **Ben Dillow** and a 3rd by **Josh Priester**, earned 14 points in last week's NWC decathlon, and those points count toward the NWC Championships. Linfield College is next with 11 points, followed by Willamette University with 10, Pacific Lutheran University with 3, and Whitworth College with 1.

The Bruins have defending conference champions in **Ben Salisbury** in the men's 200 and **Emilio Vela** in the men's triple jump, and 2003 runner-ups in Salisbury in the 100, **Adam Puckett** in the men's long jump, and **Michelle Forbes** in the high jump. Other returning All-Conference athletes from last year who will be participating in this year's events include **Brett Yeager** in the high jump, **Bryan Wadlow** in the triple jump, **Jesse Rasmussen** in the 400, and **Michael Owen** in the steeplechase.

Bruins who have the lead in events entering the NWC Championships are Forbes in the women's high jump (5-6.5), Salisbury in the men's 200 (21.37), **Ryan Sprunger** in the men's 400 (49.21), **Seth Harris** in the men's 400 hurdles (53.04), **Adam Puckett** in the men's triple jump (46-03.5), **Matt Gassaway** in the men's javelin (203-04), the men's 4x100 relay team of **Drew Maves**, Harris, **Brad Bates**, and Salisbury (42.08), and the men's 4x400 team of Rasmussen, Salisbury, Sprunger and Harris (3:16.14).

The NWC Championships commence Saturday at 2:00 p.m. with the women's pole vault and discus and the men's long jump and javelin. Sunday's schedule starts at 10:30 a.m. with men's shot put, triple jump, and pole vault finals, and the women's hammer and high jump finals. Awards ceremonies are set for Sunday at 4:00 p.m.

The complete list of George Fox athletes in the NWC Championships, with their events, season's best, and place in the NWC:

Women

Brooke Erickson - 100 (13.01, 5th), 200 (27.02, 7th), 4x100 relay (52.34, 6th)

Shannon Miles - 100 (13.21, 7th), 200 (27.54, 11th), 4x100 relay (52.34, 6th)

Sara Miller - 400 (1:04.41, 10th), 4x400 relay (4:24.53, 7th)

Beth Jertberg - 1500 (5:09.06, 9th), 3000 steeplechase (12:52.14, 9th), 4x400 relay (4:24.53, 7th)

Kara Geertz - 1500 (5:29.79, 14th)

Whittney Harris - 3000 steeplechase (12:41.84, 7th), 5000 (19:21.60, 18th)

Beth Moyer - 3000 steeplechase (13:13.44, 12th)

JulieKay Brown - 100 hurdles (17.04, 11th), 400 hurdles (1:10.69, 8th), 4x400 relay (4:24.53, 7th), high jump (5-00.25/1.53m, 8th)
Lindsay Finney - 400 hurdles (1:14.12, 13th)
Jillian Shaw - 4x100 relay (52.34, 6th)
Mona Matthews - 4x100 relay (52.34, 6th)
LeighAnn Fischer - 4x400 relay (4:24.53, 7th)
Michelle Forbes - high jump (5-06.50/1.69m, 1st), long jump (16-08.75/5.10m, 7th), triple jump (34-06.75/10.54m, 2nd)
Tori Black - javelin (116-09/35.58m, 11th)
Lindsay Blankenship - hammer (132-02/40.29m, 6th)

Men

Ben Salisbury - 100 (10.94, 3rd), 200 (21.37, 1st), 4x100 (42.08, 1st), 4x400 (3:16.14, 1st)
Drew Maves - 100 (11.25, 6th), 4x100 relay (42.08, 1st)
Brad Bates - 200 (23.34, 11th), 4x100 relay (42.08, 1st)
Ryan Sprunger - 400 (49.21, 1st), 4x400 relay (3:16.14, 1st)
Jesse Rasmussen - 400 (50.22, 5th), 4x400 relay (3:16.14, 1st)
Josh Priestner - 400 (51.18, 10th), pole vault (13-01.50/4.00m, 9th), long jump (21-00.50/6.41m, 8th), discus (132-06/40.40m, 8th)
Ryan Sticka - 800 (1:57.17, 5th)
Bryan Cobb - 800 (1:59.02, 13th)
Jake Moe - 1500 (4:13.11, 15th), 10000 (34:55.84, 17th)
Michael Owen - 3000 steeplechase (9:16.24, 3rd), 5000 (15:48.87, 14th)
Seth Harris - 110 hurdles (15.32, 2nd), 400 hurdles (53.04, 1st), 4x100 relay (42.08, 1st), 4x400 relay (3:16.14, 1st)
Ben Dillow - 110 hurdles (15.98, 7th), high jump (6-01.50/1.87m, 10th), pole vault (3.90m, 10th)
Eddie Guelfi - 400 hurdles (58.66, 6th)
Ben Eichenberger - 400 (59.37, 9th)
Brett Yeager - high jump (6-02.75/1.90m, 4th)
Andy Haehlen - pole vault (12-06.25/3.82, 12th)
Adam Puckett - long jump (23-04.50/7.12m, 2nd), triple jump (46-03.50/14.11m, 1st)
Emilio Vela - long jump (21-02.50/6.46m, 7th), triple jump (44-09.50/13.65m, 3rd)
Bryan Wadlow - long jump (20-10.50/6.36m, 10th), triple jump (42-06.00/12.95m, 6th)
Doug Beatty - triple jump (12.89m, 7th)
David Malcolm - shot put (45-06.50/13.88m, 10th), hammer (141-08/43.18m, 10th)
Matt Gassaway - javelin (203-04/61.99m, 1st)
Nick Hultberg - javelin (164-10.50/50.24m, 12th)
Greg Gottfried - hammer (160-11/49.06m, 5th)

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Tuesday, April 13, 2004

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4/13 – NWC MULTI-EVENTS: Bruins' Dillow, Priester Finish 2-3 in NWC Decathlon

NWC Decathlon Results

SPOKANE, Wash. – Getting the George Fox University men's track and field team off to a great start for the Northwest Conference Championships, the Bruins' **Ben Dillow** and **Josh Priester** finished 2nd and 3rd in the NWC Multi-Events Monday and Tuesday here at Whitworth College's Boppell Track.

Dillow totaled 6,247 points and Priester 6,210, both surpassing the provisional qualifying mark of 6,000 points for the NCAA Championships, and trailing only Tyler May of Willamette University, who recorded 6,507 points in winning his second straight NWC decathlon.

While the Bruin duo won only one event outright and tied for another, they placed in the top half of the 12-man field in 13 of their 20 opportunities, demonstrating their skill as all-around athletes. Priester was second in the standings after the first day but slipped to third, while Dillow jumped from fourth to second with a strong second day.

Priester won the shot put on Monday with a distance of 41-04.5, then tied for first in the discus on Tuesday with a throw of 127-10. He also had a second in the long jump (21-00.5) and pole vault (13-01.5), and thirds in the 100 (11.65) and 400 (51.69). Dillow's best efforts came in the high jump (6-00) with a second-place tie, the 110 hurdles (15.98) in which he was third, and the 100 (11.78) with a fourth-place finish.

Dillow's 6,247 points broke the GFU freshman class record of 6,176 by David Parker in 1996 and ranks 4th all-time, while Priester's 6,210 places him 6th all-time.

The Bruins finished with 14 points, followed by Linfield with 11, Willamette 10, Pacific Lutheran 3, and Whitworth 1. Multi-Event scores are counted for teams in the Northwest Conference Championships, the remainder of the events being held Apr. 24-25 at the University of Puget Sound in Tacoma, Wash.

"Their efforts put us in the lead in the NWC championships for the first time since we joined the conference several years ago," noted GFU coach Wes Cook of the performances by Dillow and Priester. "Additionally, counting today's performances, we now have eight individuals and the men's 4x400 relay team ranked nationally. This is the best we've looked since we left the NAIA, and with some of the efforts we've had so far at the NAIA level, we would have several All-Americans."

The George Fox men's and women's teams have one more meet before the NWC Championships - their own Bruin Open this Saturday, Apr. 17.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Saturday, April 10, 2004

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4/10 – GFU ALL-COMERS: Bruins Make Strong Showing in All-Comers Meet with 10 Wins

NEWBERG, Ore. – Posting wins in 10 different events, the George Fox University Bruins turned in a strong showing at their own Distance Carnival/All-Comers track and field meet Saturday here at Colcord Memorial Field.

The meet was unscored for team purposes, but no other school recorded more wins than George Fox. Clackamas Community College won eight events and Western Oregon University captured six.

Men

The Bruins shone brightly in the sprints, with Ben Salisbury winning the 200 meter dash (21.37) Ryan Sprunger the 400 (49.21), Ryan Sticka the 800 (1:58.49), and Seth Harris the 400 hurdles (53.04). All four met Northwest Conference qualifying marks, while Salisbury and Harris met NCAA provisional standards. Harris also qualified for the NWC in the 110 hurdles (15.32), placing 2nd. The GFU 'A' teams won both the 4x100 relay (42.08) and the 4x400 relay (3:16.14), the latter time by Jesse Rasmussen, Salisbury, Sprunger and Harris meeting NCAA provisional qualifying.

On Friday night, Michael Owen turned in an outstanding run in the 3,000 steeplechase with a time of 9:16.00, meeting NWC and NCAA provisional standards and breaking the old meet record. Unfortunately, he finished 2nd to record-setting Aaron Hollingshead of Willamette, who ran a 9:08.10.

In the long jump, Adam Puckett placed 1st with an NWC/NCAA provisional jump of 23-04.50, while Matt Gassaway placed 3rd in the javelin with a throw of 192-04, meeting NWC/NCAA provisional marks. David Malcolm qualified for the NWC in the shot put (44-00.75), placing 4th, while Milo Vela made the NWC in both the triple jump (44-09.50), placing 2nd, and the long jump (23-04.50), placing 4th.

Women

The best showing for the Bruins was by Michelle Forbes, who met NWC and NCAA provisional marks in winning the high jump (5-04.50), and met the NWC mark while placing 4th in the long jump (16-08.75).

Brooke Erickson, running in her first meet since coming off the injured list, won the 100 (13.01) and the 200 (26.5), the latter qualifying for the NWC. Shannon Miles was runner-up to Erickson in the 200 (26.9), also qualifying for the NWC.

Complete results for the GFU Distance Carnival/All-Comers meet are available on the George Fox web site at <http://www.georgefox.edu/athletics/track/2004/results/0410.html>.

Coming up: A few of the Bruins will participate in the NWC Multi-Events Monday-Tuesday, Apr. 12-13, in Spokane, Wash., while the next event for the whole team is the GFU Bruin Open on Saturday, Apr. 17, in Newberg.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Friday, April 9, 2004

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4/9 – GFU DISTANCE CARNIVAL: Two Meet Records, One Field Record Set at Distance Carnival

NEWBERG, Ore. – Two Willamette University runners, Aaron Hollingshead for the men and Danya Rumore for the women, established three new records during the George Fox University Distance Carnival Friday evening here at Colcord Memorial Field.

In the men's 3,000 meter steeplechase, Hollingshead set a new meet record with a time of 9:08.1, eclipsing the previous Carnival mark of 9:16.4 by Holger Ross of the University of Portland in 1996. George Fox's own Michael Owen also bettered the 1996 record, placing second with a time of 9:16.0. Both Hollingshead and Owen met the provisional qualifying standard for the NCAA Division III National Championships.

In the women's 10,000 meter run, Rumore ran a 36:03.5, topping the old meet mark of 38:50.1 by Tony Lutz of Willamette in 2000, and the Colcord Field record of 36:52, set earlier this year in another meet by her Willamette teammate, Natalie Muren, who was second this time with a 37:40.0.

Other events winners included Meryl Witt of Linfield College in the women's 3,000 steeplechase (11:34.0), Molly Phimister of Willamette in the women's 5,000 meter run (19:05.9), John Butkey of Clackamas Community College in the men's 5,000 meter run (15:24.0), and Brendan Brown of Willamette in the men's 10,000 meter run (32:15.1).

The track and field weekend at George Fox continues Saturday (Apr. 10) with the GFU All-Comers meet, which will include the shorter track events and the field events. The action begins at 11:00 a.m., and late entries are welcome.

The Distance Carnival results may be found on the George Fox track and field web site at www.georgefox.edu/athletics/track.

MEN'S 3,000m STEEPLECHASE

PAST WINNERS

1996	Holger Ross	U. of Portland	9:16.4
1997	Bryan Thompson	George Fox	9:56.2
1998	Kent Potter	Cascade College	10:06.6
1999	Andy Spencer	North Idaho CC	9:43.5
2000	Tom Johnson	Unattached	9:52.1
2001	Brian Schoeneman	Unattached	10:23.7
2002	Brian Schoeneman	Lewis & Clark	9:38.6
2003	Jake Stout	Willamette	9:18.6

1.	Aaron Hollingshead, Willamette	9:08.1MR
2.	Michael Owen, George Fox	9:16.0
3.	Brandon Workman, Team XO	9:20.8
4.	Miguel Galeana, Unattached	9:22.9
5.	Travis Harris, Willamette	9:35.5
6.	Mark Welsh, Willamette	9:53.1
7.	Ben Zeiger, Willamette	9:54.4
8.	Micah Evans, Willamette	9:56.6
9.	Conor Lucas-Roberts, Willamette	9:57.6
10.	Nathan Chambers, Evergreen State	10:17.8
11.	Danny Still, Cascade College	10:47.0
12.	Peter Pritchett, Unattached	10:50.5

MEN' 5,000m

PAST WINNERS

1996	Matt Dressel	Linfield	15:00.9
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1997	Mike Miller	Linfield	15:08.2
1998	Kirk Fisher	Oregon State TC	15:10.5
1999	Erik Kiauka	Una.	15:00.5
2000	Jeremy Park	Unattached	14:39.7
2001	Greg Mitchell	Brooks	14:54.1
2002	Ahrlin Bauman	Unattached	14:5.70
2003	Matt Sheets	Unattached	15:12.9

1.	John Butkey, Clackamas CC	15:24.0
2.	Sean Nixon, Unattached	15:58.6
3.	David Dorr, Western Baptist	16:09.0
4.	Justin Lana, Linfield	16:15.5
5.	Nate O'Brien, Willamette	16:18.7
6.	Wyatt Boyd, Willamette	16:31.7
7.	Larry Mock, Bruin Track Club	18:37.0

MEN' 10,000m

PAST WINNERS

1996	Ken McFadden	Unattached	32:38.2
1997	Ryan Burck	Linfield	32:53.1
1998	Nathan Gushwa	Willamette U.	35:44.9
1999	Jason Young	Unattached	32:00.8
2000	Tom Moritz	Unattached	32:33.1
2001	Paul Davis	Linfield	31:27.8
2002	Robb Finnegan	Unattached	30:52.2
2003	T. J. Garlatz	Western Washington	33:07.5

1.	Brendan Brown, Willamette	32:15.1
2.	Tim Vandervlugt, Unattached	32:24.5
3.	Drew Dickson, U. Alaska-Anchorage	33:22.4
4.	Josh Henson, Pacific	33:31.4
5.	Josh Klimek, Evergreen State	33:35.4
6.	Kelly Warren, Linfield	34:03.2
7.	Josh Butler, Willamette	34:12.8
8.	Carl Hoogesteger, Unattached	34:35.7
9.	Jake Moe, George Fox	34:55.6
10.	Kent Sasaki, Linfield	34:58.5
11.	Daniel Wojcik, Oregon TC Masters	35:19.4
12.	Odis Sanders, Oregon TC Masters	35:20.1
13.	Logan Mercer, Lewis & Clark	36:34.6
14.	Peter Olson, Linfield	37:00.3
15.	Matt Burg, George Fox	nt

WOMEN' 3,000m

PAST WINNERS

1996	Annette Peters	Nike	9:29.6
1997	Jen Coles	Pacific University	10:33.1
1998	Beatrice Jepchirchir	Cascade College	10:48.5
1999	Kim Steele	Portland State U.	10:32.2
2000	Rebecca Moore	OSU TC	10:22.4
2001	Lorilynn Hoffman	Nike Port.	9:58.1

WOMEN' 3,000m STEEPLECHASE

PAST WINNERS

2002	Jill Salmon	WOU	11:16.4
2003	Molly Brady	Willamette	11:56.9

1.	Meryl Witt, Linfield	11:34.0
2.	Tery Hall, Linfield	11:34.2
3.	Bobbi Wright, Willamette	12:29.4
4.	Whittney Harris, George Fox	12:41.6
5.	Molly Brady, Willamette	12:49.3
6.	Beth Moyer, George Fox	13:22.9
7.	Jessica Lammers, Willamette	14:17.7

WOMEN' 5,000m

			<u>PAST WINNERS</u>
1996	Carrie Morales	Willamette U.	18:03.5
1997	Angela Linder,	George Fox	19:05.1
1998	Heather Wallace	Seattle Pacific	17:51.4
1999	Wendy Bruneau	OSU TC	17:51.8
2000	Ember Brosius	GFU	18:04.4
2001	Wendy Bruneau	Apex	18:06.5
2002	Wendy Johnson	Striders	18:03.5
2003	Stacy Edwards	Alaska-Anchorage	18:05.9

1.	Molly Phimister, Willamette	19:05.9
2.	Ellen Beebe, Willamette	19:10.3
3.	Tiffany Passi, Clackamas CC	19:18.8
4.	Angela Lindbo, Bruin TC	19:19.4
5.	Kasey Treger, Linfield	19:59.5
6.	Juline Walker, Willamette	20:01.7
7.	Amy Coultner, Willamette	20:05.2
8.	Audrey Squires, Willamette	21:09.0
9.	Tracy Tabb, Unattached	21:40.5
10.	Debbie Schor, Linfield	21:45.3
11.	Liesl Plomski, Evergreen State	22:14.2
12.	Ashlee Weimar, Linfield	22:26.7
13.	Stephanie Fischer, Linfield	22:31.4
14.	Jessie Glaubman, Willamette	23:43.5

WOMEN' 10,000m

			<u>PAST WINNERS</u>
1996	Suri Hafdahl	Linfield	41:01.3
1997	Renske Wierstra	Pacific University	43:21.5
1998	Liseth Lorelli Qualls	Cascade College	39:51.2
1999	Liseth Lorelli Qualls	Cascade College	41:40.4
2000	Tonya Lutz	Willamette	38:50.1
2001	Kirsten Norgaard	GFU	41:41.6
2002	Janelle Goeres	GFU	40:47.3
2003	Paula Harkin	Unattached	42:11.5

1.	Danya Rumore, Willamette	36:03.5 MR
	(Field Record, old 36:52, Muren, Willamette, 2004)	
2.	Natalie Muren, Willamette	37:40.0
3.	Kendra Steinbrugger, St. Martin's	40:53.8
4.	Shana Shosky, Pacific	40:58.6
5.	Janelle Goeres, George Fox	42:35.3
6.	Natalie Hatch, Willamette	43:21.8
7.	Kat Lichtenwalter, Pacific	45:59.9

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Monday, April 5, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
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4/5 – George Fox to Host Distance Carnival/All-Comers Meet This Weekend

NEWBERG, Ore. – There is still time for interesting individuals, teams, and clubs to enter the Distance Carnival and All-Comers track and field meet here at George Fox University this Friday and Saturday, Apr. 9-10 – but as in any good race, you need to move fast!

Entry forms are available on the George Fox track and field web site at www.georgefox.edu/athletics/track. The cost is \$5 per individual to a maximum cost of \$100 per co-ed team before the event, and \$10 per individual on the day of the event.

The weekend begins at 6:00 p.m. Friday with several distance events, including the 3000 meter steeplechase and 5000 and 10,000 meter races, in that order. Women's races will precede men's races. Implement certification for field events takes place Saturday morning from 9:30-10:15 a.m., with the first field events scheduled for 11:00 a.m. and the first track competitions to start at 12:30 p.m.

For more information, contact George Fox track and field coach Wes Cook at 503-554-2915, or e-mail him at wcook@georgefox.edu.

FRIDAY, APR. 9

DISTANCE EVENTS – Women compete first

6:00	3000 Steeplechase
	5000
	10,000

SATURDAY, APR. 10

FIELD EVENTS

9:30 -- 10:15 --	IMPLEMENT CERTIFICATION
11:00	Men's Shot Put, Women to follow
	Women's Hammer, Men to follow
	Men's Long Jump, Women to follow
11:30	Men's Javelin, Women to follow (North End)
12:00	Women's High Jump, Men to follow
	Women's Pole Vault, Men to follow
++	Following Men's Hammer, Men's Discus (South ring)
++	Following Men's Javelin, Women's Discus (North ring)

following long jump - Men's Triple Jump, Women to follow

TRACK EVENTS – Women compete first

12:30	4 x 100
12:50	1500
1:15	Sprint Hurdles
1:35	400
1:55	100
2:05	800
2:30	400m Hurdles
2:50	200
3:10	3000m
3:40	4 x 400

Wednesday, April 7, 2004--- For Immediate Release

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4/7 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD 2004 - Weekly News & Notes

LINKS FOR TRACK & FIELD TO:

[Quick Facts](#) / [Men's Roster](#) / [Women's Roster](#) / [Schedule](#)

HIGHLIGHTS:

- * **Coming Up: GFU to Host Distance Carnival/All-Comers Meet Apr. 9-10**
- * **Last Week: Bruin Men 2nd, Women 3rd in Lewis & Clark Invitational**
- * **Gassaway for Men, Forbes for Women HM for NWC Athletes of the Week**
- * **Bruins Qualify for NWC in 5 Events at Lewis & Clark Meet**
- * **Complete List of Bruin Qualifiers for NCAA and NWC Championships**

COMING UP:

Fri., Apr. 9, 6:00 pm - GFU Distance Carnival, Newberg, Ore.
Sat., Apr. 10, 11:00 am - GFU All-Comers Meet, Newberg, Ore.

LAST WEEK (click on links for releases and results):

Apr. 2-3 - Lewis & Clark Invitational, Portland, Ore. (hammer & javelin on Fri. at GFU)
Men - 2nd of 4 / Women - 3rd of 4

[L&C Press Release](#) / [L&C Complete Results](#)

COACH WES COOK (Northern Colorado '61) is in his 17th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

GFU DISTANCE CARNIVAL/ALL-COMERS MEET Friday-Saturday, April 9-10, 2004 Colcord Memorial Field, Newberg, Ore.

FRIDAY, APR. 9

DISTANCE EVENTS – Women compete first

6:00 - 3000 Steeplechase
----- 5000

----- 10,000

SATURDAY, APR. 10

FIELD EVENTS

9:30 -- 10:15 -- IMPLEMENT CERTIFICATION

11:00 - Men's Shot Put, Women to follow

----- Women's Hammer, Men to follow

----- Men's Long Jump, Women to follow

11:30 - Men's Javelin, Women to follow (North End)

12:00 - Women's High Jump, Men to follow

----- Women's Pole Vault, Men to follow

++ Following Men's Hammer, Men's Discus (South ring)

++ Following Men's Javelin, Women's Discus (North ring)

++ Following long jump - Men's Triple Jump, Women to follow

TRACK EVENTS - Women compete first

12:30 - 4 x 100

12:50 - 1500

1:15 - Sprint Hurdles

1:35 - 400

1:55 - 100

2:05 - 800

2:30 - 400m Hurdles

2:50 - 200

3:10 - 3000m

3:40 - 4 x 400

BRUIN BITS:

*** Gassaway for Men, Forbes for Women HM for NWC Athletes of the Week**

Matt Gassaway (Jr., Washougal, Wash.) received Honorable Mention for Northwest Conference Men's "Athlete of the Week" for Mar. 29-Apr. 4 as he once again posted a javelin mark that qualified for both the Northwest Conference and NCAA Division III championships (provisionally). He won the Lewis & Clark Invitational on Apr. 3 with a distance of 192-08, although he has a better mark this season; in fact, he has the top throw nationally with a mark of 203-04 on Mar. 27 at the Texas-Arlington Invitational.

Michelle Forbes (Jr., Jackson, Wyo.) received Honorable Mention for Northwest Conference Women's "Athlete of the Week" for Mar. 29-Apr. 4 by doing well outside her best event. An outstanding high jumper, she concentrated on her triple jump this week and won the Lewis & Clark Invitational with a leap of 34-5.50, a mark which qualified her for the Northwest Conference Championships. She has the 2nd-best high jump nationally this year with a 5-6.5.

*** 2004 Honors:**

NWC Women's Athlete of the Week - Michelle Forbes (Mar. 8-14)

NWC Men's Co-Athlete of the Week - Seth Harris (Mar. 15-21); Matt Gassaway (Mar. 22-28)

*** NCAA QUALIFIERS:**

There were no new George Fox qualifiers for the NCAA Division III National Championships on May 27-29 at Millikin University in Decatur, Ill., at the Lewis & Clark Invitational Apr. 2-3. Matt Gassaway hit the NCAA provisional mark in the javelin with his throw of 192-08, although he already had the nation's top mark of 203-04. The complete list of Bruins who have qualified automatically or provisionally for the NCAAs:

Men	Event	Mark	NCAA Rank	Date Qualified
Matt Gassaway	Javelin	203-04 (prov)	1st	3/27 Texas-Arlington Invitational
Ben Salisbury	200m	21.62 (prov)	5th	3/27 Stanford Invitational
Seth Harris	400m Hurdles	53.89 (prov)	8th	3/20 Cal Poly Invitational
Adam Puckett	Triple Jump	46-3.5 (prov)	8th	3/13 NWC 6-Way
Women	Event	Mark	NCAA Rank	Date Qualified
Michelle Forbes	High Jump	5-6.5 (prov)	3rd	3/13 NWC 6-Way

*** NWC QUALIFIERS:**

Bruins who met Northwest Conference qualifying marks at the Lewis & Clark Invitational on Apr. 2-3 but had already qualified with better marks included Greg Gottfried, who had a 146-05 in the men's hammer (153-00), and Michelle Forbes, who had a 34-5.50 in the women's triple jump (34-6.75). New or improved qualifiers were Jesse Rasmussen in the men's 400 (50.22), David Malcolm in the men's shot put (45-6.50), and Tori Black in the women's javelin (116-09). The complete list of Bruins who have qualified for the Northwest Conference Championships on April 24-25 at the University of Puget Sound in Tacoma, Wash.:

Men	Event	Mark	NWC Rank	Date Qualified
Jesse Rasmussen	400m	50.22 *	3rd	4/3 Lewis & Clark Invit
David Malcolm	Shot Put	45-6.50 *	8th	4/3 Lewis & Clark Invit
Matt Gassaway	Javelin	203-04	1st	3/27 Texas-Arlington Invitational
Ben Salisbury	200m	21.62	1st	3/27 Stanford Invitational
Emilio Vela	Triple Jump	43-9.5	3rd	3/20 Cal Poly Invitational

Ben Salisbury	100m	10.94 x	2nd	3/20 Cal Poly Invitational
Seth Harris	400m Hurdles	53.89	1st	3/20 Cal Poly Invitational
Seth Harris	110m Hurdles	15.60	3rd	3/13 NWC 6-Way
Michael Owen	3000m Steeple	9:24.49	4th	3/13 NWC 6-Way
Brett Yeager	High Jump	6-2.75	4th	3/13 NWC 6-Way
Adam Puckett	Long Jump	21-7.25	4th	3/13 NWC 6-Way
Adam Puckett	Triple Jump	46-3.5	1st	3/13 NWC 6-Way
Greg Gottfried	Hammer	153-00	5th	3/13 NWC 6-Way
Michael Owen	5000m	15:48.57	12th	3/06 Linfield Icebreaker

Women	Event	Mark	NWC Rank	Date Qualified
Tori Black	Javelin	116-09	10th	4/3 Lewis & Clark Invit
Michelle Forbes	Triple Jump	34-7.00	2nd	3/20 Cal Poly Invitational
Leighann Fischer	5000m	18:55.87	10th	3/13 NWC 6-Way
Michelle Forbes	High Jump	5-6.5	1st	3/13 NWC 6-Way
Whittney Harris	10,000m	41:19.92	13th	3/06 Linfield Icebreaker

* - improved previous qualifying mark

*** PERSONAL RECORDS:**

Bruins who set personal records with their performances in the Lewis & Clark Invitational on Apr. 2-3:

Men	Event	Mark
Brett Yeager	100m	12.05
Emilio Vela	100m	12.15
Adam Puckett	400m	51.14
Brad Bates	800m	2:00.82
Bryan Cobb	1500m	4:15.38
Andrew Paine	1500m	4:44.28
Jake Moe	5000m	16:35.17
Grant Finney (BTC)	5000m	16:42.32
Eddie Guelfi	4x400 split	50.6
Ben Dort	4x400 split	55.3
Andy Haehlen	Pole Vault	12-06.25
Ben Dillow	Pole Vault	12-00.50
Drew Maves	Triple Jump	38-00.00

David Malcolm	Shot Put	45-06.50
Ben Dillow	Javelin	156-10
Women	Event	Mark
JulieKay Brown	400m Hurdles	1:10.69
Jillian Shaw	Pole Vault	9-00.50
Poha Henson	Shot Put	32-05.75
Lindsey Blankenship	Shot Put	28-07.75
Poha Henson	Discus	89-04
Lindsey Blankenship	Hammer	117-01
Tori Black	Javelin	116-09

*** ALL-TIME & CLASS RECORDS:**

Top all-time and/or class performances by Bruins in the Lewis & Clark Invitational on Apr. 2-3:

Jillian Shaw - 9-00.50 in women's Pole Vault is #5 all-time and #3 by a sophomore

Tori Black - 9-00.50 in women's Pole Vault is #5 all-time

Lindsey Blankenship - 117-01 in women's Hammer is #3 all-time and #2 by a sophomore

David Malcolm - 45-06.50 in men's Shot Put is #9 all-time

*** SEASON SCORING LEADERS:**

Men - Ben Salisbury 56.25; Adam Puckett 47; Seth Harris 39.75; Matt Gassaway 37; Jesse Rassmussen 26.25; Milo Vela 22; Josh Priester 21.5; Brad Bates 21; Ben Dillow 18.75; Drew Maves 18; Michael Owen 17; Greg Gottfried 17; Doug Beatty 16; Brett Yeager 15; Andy Haehlen 11; Ben Eichenberger 11; Bryan Cobb 10; David Malcolm 10; Ryan Sticka 8.25; Ed Guelfi 7.25; Travis Laloli 7; Nick Hultberg 7; Ben Dort 6.75; Nick Wymore 6.25; Jake Moe 6; Bryan Wadlow 6; Andrew Paine 2.50; David Delmore 2

Women - Michelle Forbes 36; JulieKay Brown 20.5; Lindsey Blankenship 20; Tori Black 18; Beth Jertberg 16; Shannon Miles 14.5; Jillian Shaw 14.5; Poha Henson 14; Leighann Fischer 13; Sara Miller 11; Mona Matthews 8.5; Brooke Erickson 7.5; Janelle Goeres 7; Whittney Harris 6; Lindsay Finney 6; Beth Moyer 6; Bekah Duby 3; Tessa Vergari 1

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Monday, April 5, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (H) 503-554-8067 (Fax) 503-554-3864 (Hotline) 503-554-3868

4/5 – George Fox to Host Distance Carnival/All-Comers Meet This Weekend

NEWBERG, Ore. – There is still time for interesting individuals, teams, and clubs to enter the Distance Carnival and All-Comers track and field meet here at George Fox University this Friday and Saturday, Apr. 9-10 – but as in any good race, you need to move fast!

Entry forms are available on the George Fox track and field web site at www.georgefox.edu/athletics/track. The cost is \$5 per individual to a maximum cost of \$100 per co-ed team before the event, and \$10 per individual on the day of the event.

The weekend begins at 6:00 p.m. Friday with several distance events, including the 3000 meter steeplechase and 5000 and 10,000 meter races, in that order. Women's races will precede men's races. Implement certification for field events takes places Saturday morning from 9:30-10:15 a.m., with the first field events scheduled for 11:00 a.m. and the first track competitions to start at 12:30 p.m.

For more information, contact George Fox track and field coach Wes Cook at 503-554-2915, or e-mail him at wcook@georgefox.edu.

FRIDAY, APR. 9

DISTANCE EVENTS – Women compete first

6:00	3000 Steeplechase
	5000
	10,000

SATURDAY, APR. 10

FIELD EVENTS

9:30 -- 10:15 --	IMPLEMENT CERTIFICATION
11:00	Men's Shot Put, Women to follow
	Women's Hammer, Men to follow
	Men's Long Jump, Women to follow
11:30	Men's Javelin, Women to follow (North End)
12:00	Women's High Jump, Men to follow
	Women's Pole Vault, Men to follow
++	Following Men's Hammer, Men's Discus (South ring)
++	Following Men's Javelin, Women's Discus (North ring)

following long jump - Men's Triple Jump, Women to follow

TRACK EVENTS - Women compete first

12:30	4 x 100
12:50	1500
1:15	Sprint Hurdles
1:35	400
1:55	100
2:05	800
2:30	400m Hurdles
2:50	200
3:10	3000m
3:40	4 x 400

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Saturday, April 3, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (H) 503-554-8067 (Fax) 503-554-3864 (Hotline) 503-554-3868

4/3 – LEWIS & CLARK INVITATIONAL: Bruins Win Six Events as Men Place 2nd, Women 3rd at L&C Meet

PORTLAND, Ore. – Recording six first-place finishes, five by the men and one by the women, the George Fox University Bruins placed 2nd out of 4 teams in the men's division and 3rd out of 4 in the women's division of the Lewis & Clark College Invitational track and field meet here Saturday.

Men

Linfield College came out on top in the men's division with 246 points, followed by George Fox with 135, Pacific University 87.5, and Lewis & Clark with 63.5.

The best showing by the Bruins was Matt Gassaway's victory in the javelin as he hurled the spear 192-08, an NCAA national qualifying mark, although he already has the nation's top mark with a 203-04 a week early in the Texas-Arlington Invitational.

Also placing first were Greg Gottfried in the hammer with a Northwest Conference-qualifying throw of 146-05, Josh Priester in the discus with a distance of 132-06, Jesse Rasmussen in the 400 meter dash with an NWC-qualifying time of 50.22, and the 4x400 relay team with a time of 3:25.27.

Although he only placed 3rd overall, David Malcolm also met NWC qualifying standards in the shot put with a heave of 45-6.50. Narrowly missing NWC marks were Drew Maves in the 100 meter dash (11.52, 5th), Adam Puckett (51.14, 2nd) and Priester (51.18, 3rd) in the 400, and Brad Bates (2:00.82, 2nd) and Ryan Sticka (2:00.85, 3rd) in the 800 meter dash.

Women

Linfield also won the women's division with 222.5 points, followed by Lewis & Clark with 139.5, George Fox with 122, and Pacific with 90.

Michelle Forbes was the only Bruin to win an event, capturing the triple jump with a distance of 34-5.50, an NWC qualifying leap. Tori Black reached the NWC mark in the javelin with a throw of 116-09 while finishing 3rd. JulieKay Brown missed the NWC mark in the 400 meter hurdles by only a second (1:10.69) while placing 3rd.

The Bruins did record several runner-up finishes, including Sara Miller in the 400 meter dash (1:04.75), Beth Jertberg in the 800 (2:36.44), Janelle Goeres in the 5000 (20:24.74), and Lindsey Blankenship in the hammer (117-01).

Coming Up:

The Bruins are hosts for their next event, the GFU Distance Carnival and All-Comers Meet on Friday-Saturday, April 9-10. Entry forms for individuals and teams desiring to compete are available on the George Fox track and field web site at www.georgefox.edu/athletics/track.

Track & Field Release

3/30 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD 2004 - Weekly News & Notes

LINKS FOR TRACK & FIELD TO:

[Quick Facts](#) / [Men's Roster](#) / [Women's Roster](#) / [Schedule](#)

HIGHLIGHTS:

- * **Coming Up: Lewis & Clark Invitational with Friday Hammer at GFU**
- * **Last Week: Bruins Compete All Over the Place on "Spring Fling"**
- * **Gassaway NWC Men's Co-Athlete of the Week, Forbes HM for Women**
- * **Javelin Throw by Gassaway is Nation's Top Mark and Provisional Qualifier**
- * **Bruins Qualify or Improve 6 Marks for Conference in "Spring Fling" Meets**

COMING UP:

Fri., Apr. 2, 4:00 pm - Lewis & Clark Invitational Hammer & Javelin at GFU, Newberg, Ore.
Sat., Apr. 3, 9:30 am - Lewis & Clark Invitational, Portland, Ore.

George Fox's Colcord Field will be the venue for the hammer and javelin competitions in the Lewis & Clark Invitational, as the long field events venue at L&C was paved for a parking lot a couple of years ago. All Saturday events will be held in Portland.

LAST WEEK (click on links for releases and results):

Mar. 20 - at Cal Poly Invitational, San Luis Obispo, Calif.
(team unscored meet)
[Press Release](#) / [Results](#)

Mar. 26 - at University of Puget Sound Open, Tacoma, Wash.
[Press Release](#)

Mar. 26-27 - at Stanford Invitational, Stanford, Calif.
[Press Release](#)

Mar. 27 - at Texas-Arlington Invitational, Arlington, Texas
[Press Release](#)

COACH WES COOK (Northern Colorado '61) is in his 17th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

- * **Gassaway NWC Men's Co-Athlete of the Week, Forbes HM for Women**

Matt Gassaway (Jr., Washougal, Wash.) won the javelin at the Texas-Arlington Invitational on Mar. 27, earning Northwest Conference Men's Co-Athlete of the Week for Mar. 22-28. He entered the meet while visiting a friend in Texas during the spring break, and won the javelin with a throw of 203-04,

more than 20 feet more than the next closest competition. His mark qualified provisionally for the NCAA nationals, and is the top throw in both the NWC and the NCAA Division III this year.

Michelle Forbes (Jr., Jackson, Wyo.) placed 10th in the Stanford Invitational in the high jump by clearing 5-06, eclipsing the NCAA provisional qualifying standard, and received Honorable Mention for NWC Women's Athlete of the Week for Mar. 22-28. The nine athletes who finished ahead of her were all Division I competitors. She already has the NWC's best jump and NCAA Division III's 2nd-best jump thus far at 5-06.50.

*** 2004 Honors:**

NWC Women's Athlete of the Week - Michelle Forbes (Mar. 8-14)

NWC Men's Co-Athlete of the Week - Seth Harris (Mar. 15-21); Matt Gassaway (Mar. 22-28)

*** NCAA QUALIFIERS:**

Bruins who qualified automatically or provisionally for the first time, or bettered marks that had already qualified, for the NCAA Division III National Championships on May 27-29 at Millikin University in Decatur, Ill., with their performances in "Spring Fling" meets from Mar. 20-28, and all previous qualifiers:

Men	Event	Mark	NCAA Rank	Date Qualified
Matt Gassaway	Javelin	203-04 * (prov)	1st	3/27 Texas-Arlington Invitational
Ben Salisbury	200m	21.62 * (prov)	2nd	3/27 Stanford Invitational
Seth Harris	400m Hurdles	53.89 (prov)	2nd	3/20 Cal Poly Invitational
Adam Puckett	Triple Jump	46-3.5 (prov)	3rd	3/13 NWC 6-Way
Women	Event	Mark	NCAA Rank	Date Qualified
Michelle Forbes	High Jump	5-6.5 (prov)	2nd	3/13 NWC 6-Way

* - improved previous qualifying mark

*** NWC QUALIFIERS:**

Bruins who qualified, or bettered marks that had already qualified, for the Northwest Conference Championships on April 24-25 at the University of Puget Sound in Tacoma, Wash., with their performances in "Spring Fling" meets from Mar. 20-28, and all previous qualifiers:

Men	Event	Mark	NWC Rank	Date Qualified
Matt Gassaway	Javelin	203-04 *	1st	3/27 Texas-Arlington Invitational
Ben Salisbury	200m	21.62 *	1st	3/27 Stanford Invitational
Emilio Vela	Triple Jump	43-9.5 *	3rd	3/20 Cal Poly Invitational
Ben Salisbury	100m	10.94 x	1st	3/20 Cal Poly Invitational
Seth Harris	400m Hurdles	53.89 *	1st	3/20 Cal Poly Invitational
Jesse Rasmussen	400m	51.00	5th	3/13 NWC 6-Way
Seth Harris	110m Hurdles	15.60	3rd	3/13 NWC 6-Way
Michael Owen	3000m Steeple	9:24.49	4th	3/13 NWC 6-Way
Brett Yeager	High Jump	6-2.75	3rd	3/13 NWC 6-Way
Adam Puckett	Long Jump	21-7.25	4th	3/13 NWC 6-Way
Adam Puckett	Triple Jump	46-3.5	1st	3/13 NWC 6-Way
Greg Gottfried	Hammer	153-00	5th	3/13 NWC 6-Way
Michael Owen	5000m	15:48.57	10th	3/06 Linfield Icebreaker

Women	Event	Mark	NWC Rank	Date Qualified
Michelle Forbes	Triple Jump	34-6.75	1st	3/20 Cal Poly Invitational
Leighann Fischer	5000m	18:55.87	6th	3/13 NWC 6-Way
Michelle Forbes	High Jump	5-6.5	1st	3/13 NWC 6-Way
Whittney Harris	10,000m	41:19.92	13th	3/06 Linfield Icebreaker

* - improved previous qualifying mark

x - tied previous qualifying mark

*** PERSONAL RECORDS:**

Bruins who set personal records with their performances in one of the "Spring Fling" meets from Mar. 20-28:

Men	Event	Mark
Ben Dillow	Javelin	152-11.75 (at Cal Poly, 3/20)
Ben Dillow	110m Hurdles	16-09 (at Cal Poly, 3/20)
Jake Moe	1500m	4:23.59 (at Cal Poly, 3/20)
Drew Maves	100m	4:23.59(at Cal Poly, 3/20)
100m	Drew Maves	14.41 (at Cal Poly, 3/20)
Seth Harris	400m Hurdles	53.89 (at Cal Poly, 3/20)
Ben Eichenberger	400m Hurdles	59.37 (at Cal Poly, 3/20)
David Malcolm	Shot Put	43-00.35 (at UPS, 3/26)
Ben Dillow	Long Jump	20-05.25 at Hornet, 3/27)
Ben Dillow	Javelin	153-05 (at Hornet, 3/27)
Ben Dillow	4x400 split	52.5 (at Hornet, 3/27)
Ryan Sticka	4x40 split	51.7 (at Hornet, 3/27)
Ryan Sticka, Andrew Paine, Ben Eichenberger, Ben Dillow	4x400	3:29.45 at Hornet, 3/27)
Andrew Paine	800m	2:05.47 (at Hornet, 3.27)
Jake Moe	5000m	16:56.96 (at Hornet, 3/27)
Women	Event	Mark
Michelle Forbes	Triple Jump	34-06.75 (at Cal Poly, 3/20)
Lindsay Finney	100m Hurdles	17.54 (at Cal Poly, 3/20)
JulieKay Brown	100m Hurdles	17.77 (Cal Poly, 3/20)
JulieKay Brown	400m Hurdles	71.11 (at Cal Poly, 3/20)
Bekah Duby	400m Hurdles	74.79 (at Cal Poly, 3/20)
Leighann Fischer	1500m	4:59.11 (at Cal Poly, 3/20)
Sara Miller	800m	2:28.72 (at Cal Poly, 3/20)
Whittney Harris	5000m	19:21.60 (at Cal Poly, 3/20)
JulieKay Brown	4x400 split	66.9 (at Cal Poly, 3/20)
Sara Miller	4x400 split	64.4 (at Cal Poly, 3/20)

Poha Henson	Hammer	109-10 (at UPS, 3/26)
Sara Miller	1500m	5:08.39 (at Hornet, 3/27)

= - equaled career high

*** ALL-TIME & CLASS RECORDS:**

Top all-time and/or class performances by Bruins in "Spring Fling" meets on Mar. 20-28:

Matt Gassaway - 203-04 in men's Javelin in the Texas-Arlington Invitational is a junior class record
Ben Salisbury - 21.62 in men's 200m in the Stanford Invitational was #3 by a senior (improved own mark)

Seth Harris - 53.89 in men's 400m Hurdles in the Cal Poly Invitational is #6 all-time and #3 by a freshman

Michelle Forbes - 34-06.75 in women's Triple Jump in the Cal Poly Invitational is #10 all-time

*** SCORING LEADERS:**

Men - Ben Salisbury 25; Adam Puckett 20; Seth Harris 11; Matt Gassaway 10; Brett Yeager, Greg Gottfried 8; Jesse Rassmussen 7.5; David Malcolm 6; Milo Vela, Michael Owen, Ben Eichenberger, Brad Bates 5; Josh Priester, Doug Beatty 4; Drew Maves 2.75; Nick Wymore 2.5; Ben Dort 2; Ed Guelfi, Bryan Wadlow, Andy Haehlen, Ben Dillow 1; Andrew Paine, Bryan Cobb 0.25.

Women - Michelle Forbes 18; Shannon Miles 9; Leighann Fischer 6; Lindsey Blankenship, Poha Henson 4; Tori Black, Lindsay Finney 3; Jillian Shaw 2; Sara Miller, Mona Matthews 1.5; Whitney Harris, Bekah Duby 1; Kara Geertz, Beth Jertberg 0.5.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Sunday, March 28, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
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3/28 – Gassaway, Salisbury, Forbes Hit NCAA Provisional Marks as Bruins Compete in Four Places

NEWBERG, Ore. – Taking advantage of their school's spring break and the annual "Spring Fling" travels the George Fox University men's and women's track and field teams take about this time every season, Bruin athletes traveled to four different spots over the weekend and posted some impressive numbers Friday-Saturday, Mar. 26-27.

Josh Priester was to have participated in the Cal-Berkeley Multi-Events in Berkeley, Calif., on Mar. 24-25, but dropped out due to an abdominal muscle strain. Seth Harris suffered a badly sprained ankle on the California trip which forced him out of his usual hurdles events, and Brad Bates' bothersome hamstring resulted in the Bruin relay teams having to withdraw from the Stanford Invitational relays.

The rest of the Bruins scattered to different places, with Matt Gassaway going to the University of Texas-Arlington Invitational while visiting a friend in Texas, David Malcolm and Poha Henson entering the Puget Sound Open, a few Bruins participating in the Stanford Invitational, and the rest of the teams competing in the Hornet Invitational in Sacramento, Calif.

ARLINGTON, Texas – Gassaway completely overwhelmed a mostly-Division I field in the UTA Invitational here Saturday as he hurled the javelin a distance of 203-04, a personal best and just 18 inches short of the GFU record. The throw easily beat the rest of the field by over 20 feet, more than met the NCAA Division III provisional qualifying mark of 188-04, is the top mark in the Northwest Conference this season, and is probably the top mark in the country in D-III this season.

STANFORD, Calif. – Competing against some of the finest NCAA Division I competition in the country, Ben Salisbury in the men's 200 meter dash and Michelle Forbes in the women's high jump met NCAA Division III provisional qualifying marks at the Stanford Invitational here Friday-Saturday, Mar. 26-27.

Salisbury ran a 21.62 and placed 5th, improving upon his previous provisional best of 21.77. Forbes cleared 5-6 to tie for 10th, although she has a better mark this season of 5-6.5.

Three other Northwest Conference qualifying marks were met by George Fox athletes at Stanford. Salisbury ran an 11.1 in the men's 100 meter dash to place 25th, Michael Owen ran a 9:36.89 to finish 42nd in the men's 3,000 meter steeplechase, and Adam Puckett posted a men's triple jump mark of 45-3.5 to place 12th in the "B" section. Brett Yeager was also entered the men's high jump but did not post a mark.

SACRAMENTO, Calif. – Only one Bruin – Emilio Vela in the men's triple jump – posted a mark high enough to qualify for the Northwest Conference Championships coming up in April, but several other Bruins recorded top 10 finishes in the Hornet Invitational Saturday here at Sacramento State University.

Vela jumped 43-3.25 to place 5th in the triple jump, while JulieKay Brown, who finished 11th in the women's high jump with a mark of 5-0.25, was only 0.25 from qualifying for the NWC Championships.

Other top 10 placements by the Bruins included a 6th by Leighann Fischer in the women's 1500 meters (19:20.46), a 6th by Andy Haehlen in the men's pole vault (11-11.75), a 9th by Whitney Harris in the women's 1500 meters (19:35.25), a 9th by Doug Beatty in the men's triple jump (40-4), and a 10th by Tori Black in the women's javelin (108-06).

TACOMA, Wash. – David Malcolm and Poha Henson were the lone George Fox representatives in a small meet, the University of Puget Sound Open, here Friday. Malcolm was 2nd in the men's hammer (116-0) and 5th in the shot put (43-0.25), while Henson was 2nd in the women's shot put (28-9.25) and 6th in the hammer (109-10).

With school back in session, the Bruins will compete in the Lewis & Clark Invitational this Saturday, Apr. 3, in Portland. The hammer portion of the meet will be contested Friday, Apr. 2, at George Fox's Colcord Memorial Field, as the throwing portion of the Lewis & Clark venue was paved over for a parking lot a couple of years ago.

Track & Field Release

3/23 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD 2004 - Weekly News & Notes

LINKS FOR TRACK & FIELD TO:

[Quick Facts](#) / [Men's Roster](#) / [Women's Roster](#) / [Schedule](#)

HIGHLIGHTS:

- * **Coming Up: Cal-Berkeley Multi-Events and Stanford Invitational on "Spring Fling" Trip**
 - * **Last Week: Bruins Open California Trip in Cal Poly Invitational**
 - * **Harris NWC Men's Co-Athlete of the Week, Forbes HM for Women**
 - * **Harris Qualifies Provisionally for NCAA's in 400 Hurdles**
 - * **Bruins Qualify or Improve 4 Marks for Conference in Cal Poly Meet**
- COMING UP:**

Wed.-Thur., May 24-25, TBA - Cal-Berkeley Multi-Events, Berkeley, Calif.

Fri.-Sat., Mar. 26-27, TBA - Stanford Invitational, Stanford, Calif.

Spring Break at George Fox is this week, Mar. 20-28, and the Bruin track teams is taking advantage of the break in the academic calendar to enjoy the sights and warmer weather of California, as well as compete against some of the best competition in the country from all levels of college athletics with their yearly "Spring Fling".

LAST WEEK (click on links for releases and results):

Mar. 20 - at Cal Poly Invitational, San Luis Obispo, Calif.
(team unscored meet)

[Press Release](#) / [Results](#)

COACH WES COOK (Northern Colorado '61) is in his 17th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

- * **Harris NWC Men's Co-Athlete of the Week, Forbes HM for Women**

Seth Harris (Fr., Boise, Idaho) ran a 53.89 in the 400 meter hurdles at the Cal Poly Invitational on Saturday, earning Northwest Conference Men's Co-Athlete of the Week for Mar. 15-21, along with Jonas Welsch of Willamette. Harris beat the NCAA D-III provisional qualifying mark for the hurdles by 0.11, becoming the 5th Bruin to meet provisional marks in an event this season. He placed 4th overall in the hurdles. He also placed 16th in the 110 hurdles with a time of 16.17.

Michelle Forbes (Jr., Jackson, Wyo.) equaled the NCAA provisional qualifying mark of 5-4.5 in the high jump at the Cal Poly Invitational on Saturday, receiving Honorable Mention for NWC Women's Athlete of the week for Mar. 15-21. She tied for the 3rd-best jump in the meet, and placed 5th because of the number of tries required. She has already bettered that this season with a 5-6.5 in the NWC 6-Way. She also placed 10th in the triple jump with a mark of 34-6.75.

- * **2004 Honors:**

NWC Women's Athlete of the Week - Michelle Forbes (Mar. 8-14)

NWC Men's Co-Athlete of the Week - Seth Harris (Mar. 15-21)

- * **NCAA QUALIFIERS:**

Bruins who qualified automatically or provisionally for the first time, or bettered marks that had already qualified, for the NCAA Division III National Championships on May 27-29 at Millikin University

in Decatur, Ill., with their performances in the Cal Poly Invitational on Mar. 20, and all who qualified at other meets:

Men	Event	Mark	NCAA Rank	Date Qualified
Seth Harris	400m Hurdles	53.89 (prov)	1st	3/20 Cal Poly Invitational
Ben Salisbury	200m	21.77 (prov)	3rd	3/13 NWC 6-Way
Adam Puckett	Triple Jump	46-3.5 (prov)	1st	3/13 NWC 6-Way
Matt Gassaway	Javelin	190-08 (prov)	3rd	3/13 NWC 6-Way
Women	Event	Mark	NCAA Rank	Date Qualified
Michelle Forbes	High Jump	5-6.5 (prov)	2nd	3/13 NWC 6-Way

* - improved previous qualifying mark

*** NWC QUALIFIERS:**

Bruins who qualified, or bettered marks that had already qualified, for the Northwest Conference Championships on April 24-25 at the University of Puget Sound in Tacoma, Wash., with their performances in the Cal Poly Invitational on Mar. 20, or who qualified at other meets:

Men	Event	Mark	NWC Rank	Date Qualified
Milo Vela	Triple Jump	43-9.5 *	3rd	3/20 Cal Poly Invitational
Ben Salisbury	100m	10.94 x	1st	3/20 Cal Poly Invitational
Seth Harris	400m Hurdles	53.89 *	1st	3/20 Cal Poly Invitational
Ben Salisbury	200m	21.77	1st	3/13 NWC 6-Way
Jesse Rasmussen	400m	51.00	5th	3/13 NWC 6-Way
Seth Harris	110m Hurdles	15.60	3rd	3/13 NWC 6-Way
Michael Owen	3000m Steeple	9:24.49	4th	3/13 NWC 6-Way
Brett Yeager	High Jump	6-2.75	3rd	3/13 NWC 6-Way
Adam Puckett	Long Jump	21-7.25	4th	3/13 NWC 6-Way
Adam Puckett	Triple Jump	46-3.5	1st	3/13 NWC 6-Way
Greg Gottfried	Hammer	153-00	5th	3/13 NWC 6-Way
Matt Gassaway	Javelin	190-08	2nd	3/13 NWC 6-Way
Michael Owen	5000m	15:48.57	7th	3/06 Linfield Icebreaker
Women	Event	Mark	NWC Rank	Date Qualified
Michelle Forbes	Triple Jump	34-6.75	1st	3/20 Cal Poly Invitational
Leighann Fischer	5000m	18:55.87	5th	3/13 NWC 6-Way
Michelle Forbes	High Jump	5-6.5	1st	3/13 NWC 6-Way
Whitney Harris	10,000m	41:19.92	13th	3/06 Linfield Icebreaker

* - improved previous qualifying mark

x - tied previous qualifying mark

*** PERSONAL RECORDS:**

Bruins who set personal records with their performances in the Cal Poly Invitational on Mar. 20 (to be updated upon teams' return from California):

*** ALL-TIME & CLASS RECORDS:**

Top all-time and/or class performances by Bruins in the Cal Poly Invitational on Mar. 20 (to be updated upon teams' return from California):

*** SCORING LEADERS:**

Men - Ben Salisbury 25; Adam Puckett 20; Seth Harris 11; Matt Gassaway 10; Brett Yeager, Greg Gottfried 8; Jesse Rassmussen 7.5; David Malcolm 6; Milo Vela, Michael Owen, Ben Eichenberger, Brad Bates 5; Josh Priester, Doug Beatty 4; Drew Maves 2.75; Nick Wymore 2.5; Ben Dort 2; Ed Guelfi, Bryan Wadlow, Andy Haehlen, Ben Dillow 1; Andrew Paine, Bryan Cobb 0.25.

Women - Michelle Forbes 18; Shannon Miles 9; Leighann Fischer 6; Lindsey Blankenship, Poha Henson 4; Tori Black, Lindsay Finney 3; Jillian Shaw 2; Sara Miller, Mona Matthews 1.5; Whitney Harris, Bekah Duby 1; Kara Geertz, Beth Jertberg 0.5.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Saturday, March 20, 2004

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3/20 – CAL POLY INVITATIONAL: Bruins' Harris Qualifies Provisionally for Nationals in 400 Hurdles

SAN LUIS OBISPO, Calif. – George Fox University's Seth Harris qualified provisionally for the NCAA Division III National Championships in the men's 400 meter hurdles, highlighting a number of fine performances by Bruins in the Cal Poly Track and Field Invitational Saturday here at California Polytechnic State University-San Luis Obispo.

In the women's events, the Bruins' Michelle Forbes also equaled the provisional standards for the high jump, but it was a mark she has already surpassed earlier in the season.

In all, George Fox recorded 17 top-10 finishes and 9 top-5 finishes, almost entirely against Division I competition.

Men

Harris ran a 53.89 in the 400 hurdles, beating the provisional mark by 0.11, to become the 5th Bruin to meet national provisional marks thus far this season. He placed 4th overall in the event.

Other top places for the Bruins included a 5th by Adam Puckett in the long jump (21-6.5), a tie for the 4th-best high jump (6-1.5) between Brett Yeager and Ben Dillow, although Dillow got 6th for needing more jumps than two other contestants, a 3rd by Emilio Vela (43-9.5) and a 4th by Bryan Wadlow (41-8.25) in the triple jump, a 4th by the 4x100 meter relay team (42.91), and a 3rd in the 200 (22.04) and a 5th in the 100 (10.94) by Ben Salisbury.

Also placing in the top 10 were Drew Maves and Bryan Wadlow 9th (19-11.75) and 10th (19-11.25) respectively in the long jump.

Women

Forbes tied with four other contestants for the 3rd-best high jump at 5-4.5, and placed 5th based on the number of attempts needed. She already has a 5-6-5 last week in the Northwest Conference 6-Way meet at George Fox.

Other top finishes for the Bruin women showed Tori Black 9th in the javelin (109-6.75), Forbes 10th in the triple jump (34-6.75), Jillian Shaw 10th in the 100 (14.35), and JulieKay Brown 10th in the 400 meter hurdles (1:11.11). The "A" relay team placed 8th in the 4x400 relays (4:24.53).

Complete results of the Cal Poly Invitational are available at the George Fox track and field web site at <http://www.georgefox.edu/athletics/track/2004/results/0320.html>.

The Bruins continue their "Spring Fling" trip through California during the GFU spring break this coming week, with the Cal-Berkeley Multi-Events on Mar. 24-25 and the Stanford Invitational on Mar. 26-27.

Tuesday, March 16, 2004--- For Immediate Release

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WHAT'S BRUIN: **GEORGE FOX TRACK & FIELD 2003**

LINKS FOR TRACK & FIELD TO:

Quick Facts –

www.georgefox.edu/athletics/track/2004/quickfacts.html

Men's Roster –

www.georgefox.edu/athletics/track/2004/mroster.html

Women's Roster –

www.georgefox.edu/athletics/track/2004/wroster.html

Schedule –

www.georgefox.edu/athletics/track/2004/schedule.html

HIGHLIGHTS:

- * Coming Up: Spring Fling Trip thru California
- * Last Week: Bruin Men 3rd, Women 5th in NWC 6-Way Meet
- * Adjusted Scores for NWC 6-Way Meet
- * Forbes NWC Women's Athlete of the Week, Salisbury HM for Men
- * Four Bruins Qualify Provisionally for NCAAAs
- * Bruins Meet 12 Conference Qualifying Marks in 6-Way
- * 32 Personal Records Set by Bruins During 6-Way
- * Men's Relay Teams Post Best Early-Season Times Ever

COMING UP:

Sat., Mar. 20, 11:15 am – at Cal Poly Invitational, San Luis Obispo, Calif.

Wed.-Thur., May 24-25, TBA – Cal-Berkeley Multi-Events, Berkeley, Calif.

Fri.-Sat., Mar. 26-27, TBA – Stanford Invitational, Stanford, Calif.

Spring Break at George Fox is Mar. 20-28, and the Bruin track teams will again take advantage of the break in the academic calendar to enjoy the sights and warmer weather of California, as well as compete against some of the best competition in the country from all levels of college athletics with their yearly "Spring Fling".

LAST WEEK (click on links for stories and results):

Mar. 13 – Northwest Conference 6-Way Meet at George Fox, Newberg, Ore.

(Men – 3rd of 6 / Women 5th of 6)

www.georgefox.edu/athletics/track/2004/releases/0313.html

www.georgefox.edu/athletics/track/2004/results/0313.html

COACH WES COOK (Northern Colorado '61) is in his 17th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Coach of the Year in 2000 for leading the Bruins to the NWC championship. The complete bio on Coach Cook is available at the George Fox web site at www.georgefox.edu/athletics/track/2004/coaches/cookw.html.

ADJUSTED SCORES FOR NWC 6-WAY:

With a couple of athletes being entered as members of the Bruin Track Club (GFU track alumni) instead of George Fox team members, team scores from the NWC 6-Way on Mar. 13 were slightly off. No places were affected. Here are the corrected final point totals:

Men – Willamette 243.50, Linfield 205.50, George Fox 131.50, Puget Sound 69.50, Pacific 41, Lewis & Clark 27

Women – Willamette 250.50, Linfield 165.50, Puget Sound 92, Lewis & Clark 74, George Fox 55, Pacific 46

BRUIN BITS:

*** Forbes NWC Women's Athlete of the Week, Salisbury HM for Men:**

Michelle Forbes (Jr., Jackson, Wyo.), an NCAA national participant in the high jump last year, may be going again after winning the high jump in the NWC 6-Way Saturday in Newberg with a mark of 5-6.5, two inches better than the provisional qualifying mark and four inches better than anyone else in the meet. She also placed 2nd in the triple jump with a distance of 33-5.25. For her efforts, she was named Northwest Conference Women's Athlete of the Week for Mar. 8-14.

Ben Salisbury (Sr., Bellingham, Wash.) was a 4-time winner in the NWC 6-Way, earning Honorable Mention for Northwest Conference Men's Athlete of the Week. Individually, he won the 100 (10.94) and the 200 (21.77), the latter mark meeting NCAA provisional qualifying. He also ran the second leg for winning Bruin relay teams in the 4x100 (42.65) and the 4x400 (3:18.51), each mark just a second off provisional qualifying standards. Salisbury was an NCAA All-American with a 7th-place finish in the national 200 last year.

*** 2004 Honors:**

NWC Women's Athlete of the Week – Michelle Forbes (Mar. 8-14)

*** NCAA QUALIFIERS:**

Bruins who qualified automatically or provisionally, or bettered marks that had already qualified, for the NCAA Division III National Championships on May 27-29 at Millikin University in Decatur, Ill., with their performances in the NWC 6-Way Meet on Mar. 13, or who qualified at other meets:

Men	Event	Mark	Rank	Date Qualified
Ben Salisbury	200m	21.77 (prov)	2nd	3/13 NWC 6-Way
Adam Puckett	Triple Jump	46-3.5 (prov)	1st	3/13 NWC 6-Way
Matt Gassaway	Javelin	190-08 (prov) *	2nd	3/13 NWC 6-Way

Women	Event	Mark	Rank	Date Qualified
Michelle Forbes	High Jump	5-6.5 (prov)	2nd	3/13 NWC 6-Way

* - improved previous qualifying mark

*** NWC QUALIFIERS:**

Bruins who qualified, or bettered marks that had already qualified, for the Northwest Conference Championships on April 24-25 at the University of Puget Sound in Tacoma, Wash., with their performances in the NWC 6-Way Meet on Mar. 13, or who qualified at other meets:

Men	Event	Mark	Rank	Date Qualified
Ben Salisbury	100m	10.94	1st	3/13 NWC 6-Way
Ben Salisbury	200m	21.77 *	1st	3/13 NWC 6-Way
Jesse Rasmussen	400m	51.00	5th	3/13 NWC 6-Way
Seth Harris	110m Hurdles	15.60 *	3rd	3/13 NWC 6-Way
Michael Owen	3000m Steeple	9:24.49	4th	3/13 NWC 6-Way
Brett Yeager	High Jump	6-2.75	3rd	3/13 NWC 6-Way
Adam Puckett	Long Jump	21-7.25	4th	3/13 NWC 6-Way
Adam Puckett	Triple Jump	46-3.5 *	1st	3/13 NWC 6-Way
Greg Gottfried	Hammer	153-00	5th	3/13 NWC 6-Way
Matt Gassaway	Javelin	190-08 *	2nd	3/13 NWC 6-Way
Michael Owen	5000m	15:48.57	7th	3/06 Linfield Icebreaker
Seth Harris	400m Hurdles	55.74	2nd	3/06 Linfield Icebreaker
Milo Vela	Triple Jump	43-0.5	3rd	3/06 Linfield Icebreaker

Women	Event	Mark	Rank	Date Qualified
Leighann Fischer	5000m	18:55.87	5th	3/13 NWC 6-Way
Michelle Forbes	High Jump	5-6.5 *	1st	3/13 NWC 6-Way

Whittney Harris 10,000m 41:19.92 13th 3/06 Linfield Icebreaker

* - *improved previous qualifying mark*

*** PERSONAL RECORDS:**

Bruins who set personal records with their performances in the NWC 6-Way on Mar. 13:

Men	Event	Mark
Bryan Cobb	1500m	4:16.37
Seth Harris	110m Hurdles	15.60
Drew Maves, Seth Harris, Brad Bates, Ben Salisbury	4x100	42.65
Jesse Rasmussen, Ben Salisbury, Brad Bates, Seth Harris	4x400	3:18.51
Seth Harris	4x400 split	48.4
Ed Guelfi, Bryan Cobb, Ben Eichenberger, Ben Dillow	4x400	3:29.90
Ben Eichenberger	4x400 split	52.0
Drew Maves, Nick Wymore, Ben Dort, Andrew Paine	4x400	3:52.32
Drew Maves	4x400 split	56.1
Nick Wymore	4x400 split	55.2
Ben Dort	4x400 split	55.5
Adam Puckett	Long Jump	21-7.25
Adam Puckett	Triple Jump	46-3.5
David Malcom	Shot Put	42-11.75
Josh Priestler	Shot Put	41-6.5
David Malcolm	Hammer	127-07
Ben Dillow	Javelin	152-11

Women	Event	Mark
Jillian Shaw	100m	14.42
Sara Miller	800m	2:32.18
Kaycee Brittian	1500m	5:08.06
Whittney Harris	1500m	5:10.21
Kara Geertz	1500m	5:48.89
Leighann Fischer	5000m	18:55.87
Lindsay Finney	400m Hurdles	1:14.12
Bekah Duby	400m Hurdles	1:15.19
Beth Jertberg	4x400 split	66.0
Kara Geertz	4x400 split	74.0
Jillian Shaw	Pole Vault	9-0.25 =
Lindsey Blankenship	Shot Put	27-6.0
Lindsey Blankenship	Discus	98-06
Poha Henson	Discus	70-08
Tori Black	Discus	69-03

= - *equaled career high*

*** ALL-TIME & CLASS RECORDS:**

Top all-time and/or class performances by Bruins in the NWC 6-Way on Mar. 13:

Ben Salisbury – 10.94 in men's 100m equaled #3 by a senior

Ben Salisbury – 21.77 in men's 200m was #3 by a senior

Drew Maves, Seth Harris, Brad Bates, Ben Salisbury – 42.65 in men's 4x400 was #1 March time

Jesse Rasmussen, Ben Salisbury, Brad Bates, Seth Harris – 3:18.51 in men's 4x400 was #1 March time

Adam Puckett – 46-3.5 in men's Triple Jump was #6 all-time
Greg Gottfried – 153-00 in men's Hammer was #6 all-time
Matt Gassaway – 190-08 in men's Javelin was #1 by a junior

*** SCORING LEADERS:**

Men – Ben Salisbury 25; Adam Puckett 20; Seth Harris 11; Matt Gassaway 10; Brett Yeager, Greg Gottfried 8; Jesse Rassmussen 7.5; David Malcolm 6; Milo Vela, Michael Owen, Ben Eichenberger, Brad bates 5; Josh Priester, Doug Beatty 4; Drew Maves 2.75; Nick Wymore 2.5; Ben Dort 2; Ed Guelfi, Bryan Wadlow, Andy Haehlen, Ben Dillow 1; Andrew Paine, Bryan Cobb 0.25.

Women – Michelle Forbes 18; Shannon Miles 9; Leighann Fischer 6; Lindsey Blankenship, Poha Henson 4; Tori Black, Lindsay Finney 3; Jillian Shaw 2; Sara Miller, Mona Matthews 1.5; Whitney Harris, Bekah Duby 1; Kara Geertz, Beth Jertberg 0.5.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Saturday, March 13, 2004

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3/13 – NWC 6-WAY: Stout Shatters Steeplechase Mark as Willamette Wins Men's and Women's Meets

NEWBERG, Ore. – A spectacular run in the men's 3,000 meter steeplechase by Willamette University's Jacob Stout highlighted an outstanding day by both Bearcat teams as each came away winners in the Northwest Conference 6-Way Track and Field Meet Saturday here at George Fox University's Colcord Memorial Field.

Men

Willamette took first with 245.5 points, followed by Linfield College with 205.5, George Fox 135.5, the University of Puget Sound 67.5, Pacific University 37, and Lewis & Clark College 27.

Stout posted a time of 9:01.11 in the steeplechase, shattering the Colcord Field record of 9:13.54 by George Fox's Brandon Workman in 2000. The mark was a new Willamette record and easily bettered the NCAA Division III national automatic qualifying mark of 9:06.40. Two other Willamette runners, Aaron Hollingshead and Scott Overby, met the provisional qualifying standard with times of 9:20.16 and 9:21.75 respectively, while George Fox's Michael Owen had a 9:24.49 that missed provisional qualifying by a second.

In other events, George Fox's Ben Salisbury was a double winner, taking the 100 (10.94) and the 200 (21.77), the latter mark meeting provisional qualifying. The George Fox relay team of Drew Maves, Salisbury, Brad Bates, and Seth Harris was also a double winner in the 4x100 (42.65) and the 4x400 (3:18.51), both marks only a second off provisional qualifying. Adam Puckett won the long jump (21-07.35) and the triple jump (46-03.50) for the Bruins, the latter meeting provisional qualifying. Nate Matlock picked up wins for Willamette in the shot put (47-03.75) and the hammer (162-03). Matt Gassaway of George Fox met the provisional mark in the javelin (190-08).

Women

Willamette won going away with 249.50 points, followed by Linfield with 165.5, Puget Sound 92, Lewis & Clark 74, George Fox 54, Pacific 46, and the Bruin Track Club (George Fox track and field alums) 2.

Among the double winners were Jazzmin Reece of Willamette in the 100 (12.98) and the 100 meter hurdles (15.41), and Danielle Bielenberg of Linfield in the shot put (40-09.5) and the discus (117-01).

NCAA provisional qualifying marks which were met or surpassed included Shannon McGrane of Willamette in the 400 hurdles (1:031.11) and the Bearcats' Kari Holbert in the steeplechase (11:17.04). Michelle Forbes of George Fox met the provisional in the high jump (5-06.50), four inches better than the runner-up, as did Katie Heaton of Puget Sound in the pole vault (10-11.75). Sophia Dentzel of Willamette met the mark with her javelin throw of 130-07.

Complete results of the NWC 6-Way Meet are available at the George Fox track and field web site at <http://www.georgefox.edu/athletics/track/2004/results/0313.html>.

The next event for the Bruins is the Cal Poly-SLO Invitational in San Luis Obispo, Calif., on Saturday (Mar. 20), marking the start of the GFU spring break. The teams will also compete in the Cal-Berkeley Multi-Events on Mar. 24-25 and the Stanford Invitational on Mar. 26-27 on their annual "Spring Fling".

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Thursday, March 11, 2004

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3/11 – NWC 6-WAY: George Fox to Host Five Other Northwest Conference Teams Saturday

NEWBERG, Ore. – Six of the nine Northwest Conference schools will be represented at the NWC 6-Way Men's and Women's Track and Field Meet this Saturday, March 13, at George Fox University's Colcord Memorial Field.

Joining the host Bruins will be the Linfield College Wildcats, Pacific University Boxers, Willamette University Bearcats, Lewis & Clark College Pioneers, and University of Puget Sound Loggers. With two-thirds of the NWC teams competing, this meet could give an early indication of which teams and individuals will be top contenders for conference honors at the NWC Championships on April 24-25 at Puget Sound in Tacoma, Wash.

The 6-Way day's events get under way with the field event implement certification at 9:30 a.m. The field events begin at 10:30 a.m., while the track events get going at 12:00 noon. The final event, the 4x400 relays, are scheduled for 4:10 p.m.

For more information, contact the George Fox athletics department at 503-554-2910, or Bruin coach Wes Cook at 503-554-2915.

Complete results of the NWC 6-Way will be available on the George Fox web site later in the afternoon at www.georgefox.edu/athletics/track/2004/results.html.

NWC 6-WAY – Saturday, March 13, 2004 – Colcord Memorial Field, George Fox University, Newberg, Ore.

**** Tentative time schedule** ... adjustments possible depending on number of entrants

FIELD EVENTS **9:30 -- 10:15 -- IMPLEMENT CERTIFICATION**

10:30	Men's Shot Put, Women to follow Women's Hammer, Men to follow
11:00	Men's Long Jump, Women to follow
11:30	Women's High Jump, Men to follow Women's Pole Vault, Men to follow
1:00	Women's Discus, Men to follow (North ring)
following hammer	Men's Javelin, Women to follow (South runway)
following long jump	Men's Triple Jump, Women to follow

TRACK EVENTS

12:00	Women's 3000m Steeple
12:20	Men's 3000m Steeple
12:45	4 x 100
12:55	1500
1:20	Sprint Hurdles
1:40	400
2:00	100
2:20	800
2:45	400m Hurdles
3:05	200
3:25	5000
4:10	4 x 400

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Saturday, March 6, 2004

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3/6 – LINFIELD ICEBREAKER: Harris Wins Twice, Salisbury Once as Bruins Open Outdoor Season

Mc MINNVILLE, Ore. – Picking up where he left off last year, George Fox University veteran Ben Salisbury won the men's 200 meter dash, and newcomer Seth Harris won both the men's 110 meter hurdles and 400 meter hurdles as the Bruins got their 2004 outdoor track and field season under way in the Linfield Icebreaker here Saturday at Linfield College.

Salisbury, the 2003 Northwest Conference champion and an NCAA Division III All-American in the 200 last year after placing 7th at nationals, captured the 200 with a time of 22.24, and also placed 4th in the 100 meter dash at 11.35. Harris posted a time of 15.85 in the 110 hurdles and 55.74 in the 400 hurdles, showing himself to be a potential impact athlete for the Bruins in his freshman season.

The George Fox "A" team also won the men's 4x400 meter relay, posting a composite time of 3:22.93 to edge Clark Community College by a mere 4/10 of a second.

Adam Puckett turned in two strong performances for the George Fox men, placing 2nd in both the long jump at 20-11.25 and the triple jump at 44-00.50. Milo Vela was right behind him in 3rd in the triple jump at 43-00.50. Matt Gassaway placed 3rd in the men's javelin with a throw of 190-00, as did Ben Eichenberger in the 400 hurdles with a time of 1:00.37. Ben Dillow came in 4th in the 110 hurdles (17.34).

The best performances by the George Fox women included a 3rd-place finish by Leighann Fischer in the 1500 meter run with a time of 5:06.22, and 4th-place marks by Whittney Harris in the 10,000 meter run (41:19.2), Michelle Forbes in the high jump (5-02.00), Jillian Shaw in the pole vault (9-00.25), and Tori Black in the javelin (111-08).

Complete results of the Linfield Icebreaker are available at the George Fox track and field web site at <http://www.georgefox.edu/athletics/track/2004/results.html>.

The next event for the Bruins is one of their own: the Northwest Conference 6-Way Meet at Colcord Memorial Field in Newberg on Saturday, Mar. 13. Events begin at 10:30 a.m. Joining the Bruins for the day will be athletes from Linfield, Pacific University, Willamette University, Lewis & Clark College, and the University of Puget Sound.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE: TRACK & FIELD – Saturday, February 21, 2004

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2/21 – McDONALD'S OPEN: Bruins Tune Up for Outdoor Season with 11 Top 10 Finishes in Idaho Indoor

MOSCOW, Idaho – In a tune-up for their 2004 outdoor track and field season, the George Fox University men's and women's teams posted 11 finishes in the top 10 in the Vandal Indoor/McDonald's Open here at the University of Idaho Friday and Saturday, Feb. 20-21.

Headlining the Bruins' performances was a 1st-place finish by Seth Harris in the men's 400 meter dash with a time of 50.03. Harris also placed 8th in the men's 60 meter hurdles in 8.70 seconds.

In the women's high jump, Michelle Forbes, an NCAA national championship qualifier last year, tied for the best jump of the day at 5-07, but placed 3rd because the other contestants, winner Stephanie Jaross of the Army ROTC and runner-up Tassie Souhrada of host Idaho, took fewer tries to reach that height. Another 3rd was recorded by Leighann Fischer in the women's 3000 meter run with a time of 10:50.21, while Whitney Harris just missed the top 10, finishing 11th at 11:33.11.

Two Bruins placed high in the men's 200 meter dash. NCAA Division III All-American Ben Salisbury was 5th at 22.14 and Ryan Sprunger was 8th at 22.27, both less than a second behind winner Patrick Ray of Idaho. Sprunger was 10th and Salisbury 11th in the men's 60 meter dash with times of 7.17 and 7.18.

The Bruins also placed two athletes high in the men's long jump, as Josh Priester was 5th at 20-07.75 and Ben Dillow was 10th at 19-10.75. In the men's 3000 meter run, Michael Owen had the best Bruin showing at 8:58.81, placing 6th. Greg Gottfried recorded a 10th-place finish in the men's weight throw with a distance of 46-04.00. Ryan Sticka just missed the top 10 in the men's 400 meter dash that Harris won by placing 11th at 51.76.

In events on Friday, the Bruins' Adam Puckett was 6th in the triple jump with a leap of 45-05.75.

Complete results of the Vandal Indoor/McDonald's Open meet are available at the George Fox track and field web site at <http://www.georgefox.edu/athletics/track/2004/results.html>.

The outdoor season opens for the Bruins on Saturday, March 6, at the Linfield Icebreaker in McMinnville, Ore.